



BACK CARE

RISK FACTORS CHECKLIST

- I often carry heavy items.
- I am more than 20 % overweight.
- I stand or sit in one position for 30 minutes or more.
- I cradle the phone between my ear and shoulder.
- I sleep on too hard or too soft a mattress.
- I wear improper footwear.
- I perform tasks requiring frequent bending.
- I reach for items above my shoulders.
- I carry or lift children.
- I lift heavy objects off the floor.

(You can easily prevent or reduce some of these risk factors. Other risks are simply a part of your life, but the threat they pose to a healthy back can be minimized.)

You can avoid unnecessary stress on your back if you learn and practice good posture. Every time you practice good posture, you strengthen the large muscles that support your spine. This helps relieve stress on the smaller, less efficient muscles in your back.

Three essential requirements for maintaining a healthy back:

- Stay healthy and maintain the best possible mental and physical condition.
- Exercise to strengthen and stretch back muscles.
- Avoid risk factors for back injury.