

PREVENTING BACK PAIN IN THE WORKPLACE

As a large proportion of life is spent at work, the tips below are to help you move well, stay well and assist in prevent back pain in the workplace.

LIFTING

- Prior to any lift, ask yourself if there is an easier way to do this. Could I use a crane, forklift, wheelbarrow or other device to do the hard work for me?
- For those heavy lifts, asking for help doesn't make you less of a tradie.
- Do a quick safety check of the area and what you plan to lift.
- Prepare your body by warming up BEFORE you lift and carry.
- If you do have to lift, then use a sound lifting technique with your feet comfortably apart and in a stable position. Lift using hips and knees, not your back.
- Maintain the natural curve of your back.
- Avoid twisting-turn by using your feet, not your back.

STANDING POSTURE

- Think tall, chest lifted, shoulders relaxed, chin tucked in and head level.
- Posture should be stable, balanced and relaxed.

SITTING

- Don't stay seated for too long.
- Regularly stand up, stretch and walk around.
- If you work in an office ensure that your workstation and computer are correctly positioned.

DRIVING

- Adjust your seat to sit comfortably. Adjust the lumbar support if available.
- Take regular breaks on long journeys.
- Don't sit with your wallet in your back pocket.
- Be careful what you do after a long journey, take a few seconds to straighten up before lifting things out of the car.

EXERCISE

- Simple exercise such as walking or swimming is the best.
- Before and after exercise, make sure you warm up and cool down with gentle stretches.

HOW CAN PHYSIOTHERAPY HELP?

- Examine back movement and loading control.
- Injury prevention and lifting advice.
- Individual treatment with exercise and manual therapy/manipulation.
- Give you precise explanations of the nature of the problem, treatment required and prognosis.

FOR MORE INFORMATION GO TO WWW.TRADIESHEALTH.COM.AU AND SEE THE RESOURCES AVAILABLE.



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