

WATCH YOUR BACK

More than **one million** back injuries occur on worksites across the U.S. every year—accounting for nearly **20%** of all annual workplace injuries and illnesses.¹

Don't become part of this statistic!
Stay back injury-free by following these simple tips²:

1

DON'T SLOUCH

When standing, balance your weight evenly on your feet. When sitting, choose an ergonomic chair that supports your spinal curves.



2

LIFT WITH YOUR LEGS

When lifting or carrying a heavy object, lift with your legs and tighten your core muscles. Hold the object close to your body.



3

ALTERNATE DEMANDING TASKS

Use lifting devices to help lift heavy loads. Try to alternate physically demanding tasks with less demanding ones.



4

LISTEN TO YOUR BODY

If you must sit or stand for a prolonged period, change your position often. Periodically walk around and stretch your muscles to relieve tension.



SELF-INSURED WORKERS'
COMPENSATION FUND

¹U.S. Bureau of Labor Statistics: <https://www.bls.gov/iif/oshsum.htm>

²Back pain at work: Preventing pain and injury: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/back-pain/art-20044526>