

Health Fact Sheet

3 minutes a day helps you.....



Top Ten Tips for a healthy back

- Exercise your back regularly – walking, swimming (especially back stroke), and using exercise bikes are all excellent to strengthen your back.
- Always bend your knees and your hips **NOT** your back.
- Never twist and bend at the same time.
- Always lift and carry objects close to your body.
- Try to carry loads in a rucksack. Avoid single sling bags.
- Always maintain a good posture. Avoid slumping in your chair or hunching up over your desk.
- Always use a chair with a backrest and sit with your feet flat on the floor or on a footrest. Avoid staying in the same position for long periods of time, take breaks, stand up and stretch and try to change your sitting position every few minutes.
- Cut down, or better still **QUIT SMOKING**
- Always choose a mattress bearing in mind your height, weight, age, sleeping position and your type of backache, if any.
- Keep your weight down- being overweight puts extra strain on your back so try to stay a healthy weight by keeping active and eating healthily.

For further information visit:

www.backcare.org.uk

www.backpaineurope.org

www.arthritiscare.org.uk

www.pilatesfoundation.com

<http://connect/assurance/SafetyAndCompliance/OccupationalHealthandSafety/healthcampaigns>

'Looking after your back campaign'

