

# Back Care... Keep a Straight Back!

## Lifting

Bend your knees, not your back! Lift with your legs and hold objects close to your body. Lift objects only chest high. When the load is heavy, get help and plan ahead to avoid sudden load shifts.

Always be sure of your footing.



## Walking-Standing

Stand with one foot up; change positions often. Bend with knees to keep back straight. Walk with good posture keeping head high, chin tucked in, pelvis forward, toes straight ahead. Wear comfortable shoes.

## Driving

Move car seat forward to keep knees bent and higher than hips. Sit straight; drive with both hands on the wheel.



## Sitting

Sit in chairs low enough to place both feet on the floor with your knees higher than your hips. You may cross your legs or put your feet up on a stool. Sit firmly against back of chair.



## Sleeping

A good night's sleep on a firm mattress is good for you and your back. Sleep on your side with knees bent, or on your back with a pillow under your knees.

