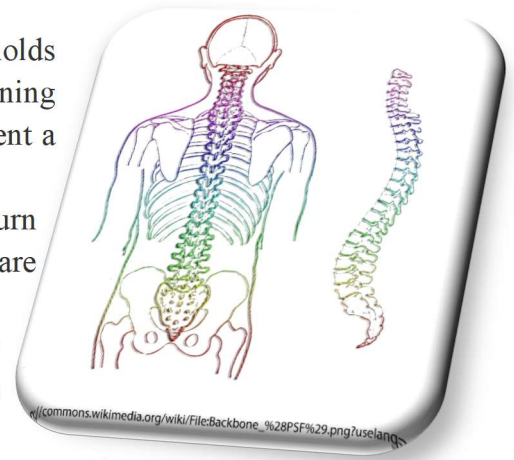




TAKE CARE OF YOUR BACK

- You must take care of your back. Why? Because it holds you up if you keep it straight and strong. By strengthening your trunk and eliminating pain, you can help to prevent a weak and crooked back from becoming worse.
- From the time you awake in the morning until you return to bed, including changes in sleeping position, be aware of proper body positioning and body mechanics.
- Most people unknowingly abuse their backs when they don't think about the proper way of doing things like sitting, lying, standing, or lifting.
- The result of disability or pain could make it difficult to care for yourself, work, play, or sleep.



HOW TO TAKE CARE OF YOUR BACK?

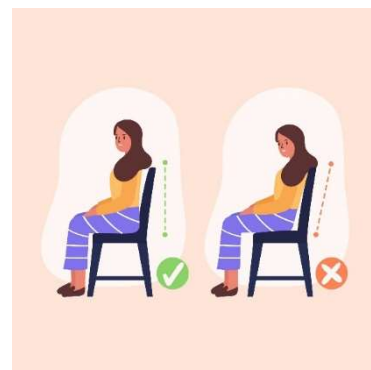
Proper Posture.

The neck, chest, and lower back parts of the spine have alternating curves, which give you an upright posture. When your back is balanced, it is self-supporting and requires little help from your back muscles. Correct posture is important no matter what position you assume – standing, sitting, or lying.

For good posture, think about leaning against a wall while sitting or standing. The back of your head, shoulders, and buttocks should touch the wall. Good posture is not simply a matter of “Standing tall”. It always refers to the correct use of the body at all times.

Posture In Sitting.

- Sit in chairs low enough to place both feet on the floor with knees higher than your hips.
- Cross your legs or put your feet up on a stool.
- Avoid over-cushioned chairs, like sofas.
- Sit firmly against the back of the chair.
- Keep your neck and back in a straight line.
- Use a small cushion in the back if necessary.



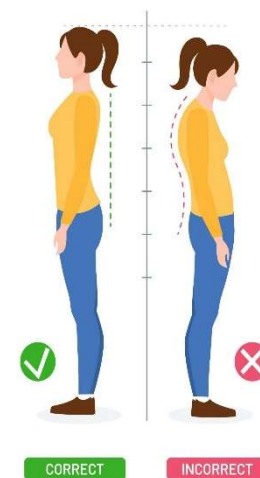
Posture in Standing

- Stand with your lower back flat. Do not bend forward with straight legs.
- If you work standing up, put one foot on a footrest to help relieve swayback.
- Wear comfortable shoes.

Posture in Lying

- Sleep on a firm mattress. Avoid soft, old, sagging, no-support mattresses.
- Sleep on your side with your knees bent or sleep on your back with a pillow under your knees.
- If you sleep on your stomach, put a small pillow under your stomach to support your spine.

POSTURE CORRECTION INFOGRAPHICS



Bending and Lifting.

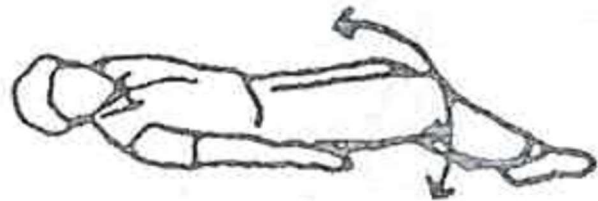
- Before starting lifting, stretch backward 5 or 6 times.
- Bend at the knees and hips, not the waist.
- Use the stronger muscles of the legs, not the back.
- Hold heavy objects close to your body. Do not overreach.
- Never bend over without bending at the knees.
- Keep your back straight.
- Lift objects only chest-high.
- Turn your feet and walk in the direction you want to go to set down the object. Do not twist your trunk.
- Get help if the load is heavy.
- If possible, instead of lifting, carefully push or pull the object.



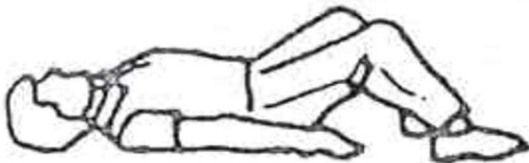
EXERCISE FOR YOUR BACK

Exercise is also important to help keep your back strong. Before you start any exercise program, a complete evaluation by your doctor is recommended so that the correct exercise for your specific back problem can be selected. Any persistent backache should be brought to your doctor’s attention.

The stretches can be performed all at once or spread throughout the day. You should stretch at least 5 days a week. **DISCONTINUE AN EXERCISE IF IT IS PAINFUL.**



1. Lie on your back. Roll knees from side to side.



2. Lie on your back. Raise head and shoulder to look at knees and relax.



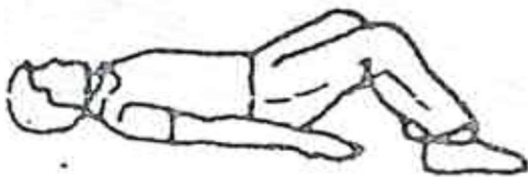
3. Lie on your back and bring alternate knees to your chest.



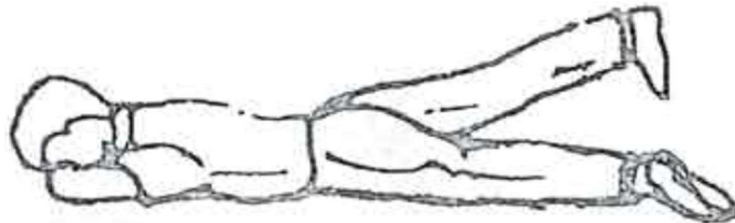
4. Lie on your back, both knees to chest.



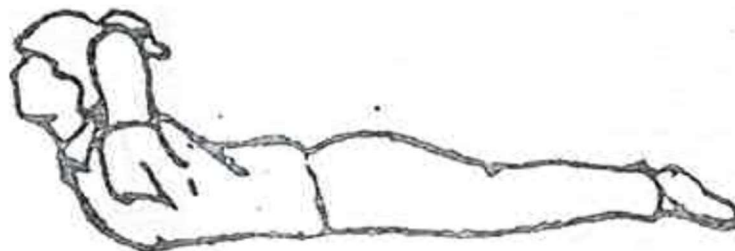
5. Lie on your back, arch your low back, and then flatten it.



6. Lie on your back and lift the pelvis up and down.



7. Lie on your stomach. Lift alternate leg straight up and down.



8. Lie on your stomach, raise your body up and then down.

CONCLUSION

Restoring your body to optimal condition with proper posture, exercise, and prevention measures will help ensure an active lifestyle. Being in shape, having a good diet, and trying to control our weight are always helpful. Our body needs everyday nutrients, vitamins, and minerals to keep us strong and well. Whole grains, nuts, and fresh fruits and vegetables are good sources of everyday nutrients the body needs.



Stay Safe & Healthy

Sincerely

SAFETY DEPARTMENT



Source of reference.

<https://www.kuakini.org/wps/portal/public/Health-Wellness/Health-Info-Tips/Illness-and-Pain-Relief/Caring-for-your-Back>

<https://healthtalk.unchealthcare.org/5-ways-to-take-care-of-your-spine/>

The Malaysian Physiotherapy Association.

Dr. Chong Chee Seang-Consultant Orthopaedic & Spine Surgeon. MBBS (Mal), MS Ortho(Mal), Spine Fellowship HKU.