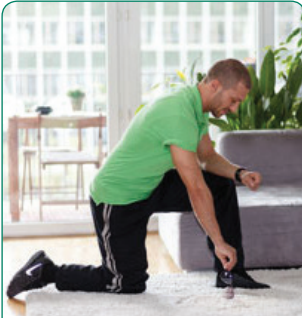




How to reduce the strain on your back

Tips on preventing back pain

Reducing the strain when lifting and carrying



Light lifting

- Place one leg in front of the other
- Straight back, leaning slightly forward
- Use your front leg for support if necessary



Heavy lifting

- Knees bent no more than 90 degrees
- Back straight
- Lift object close to your body
- Never lift with your back bent while twisting!



Carrying correctly

- Stand up straight with your legs wide apart
- Hold the object close to your body



Putting things down safely

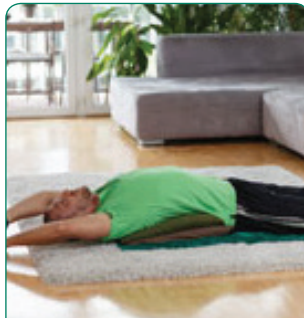
- Stand with your legs well apart
- Keep the object as close as possible to your body
- Keep your back straight
- Knees bent no more than 90 degrees

Reducing the strain when lying down



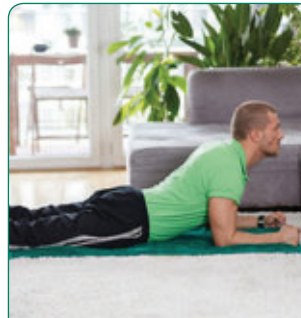
Lying on your back

- Pillow under your head
- Back flat on the floor
- Legs hip-width apart



Lying on your back

- Pillow under the middle of your back
- Arms straight above your head
- Legs slightly apart



Lying on your stomach

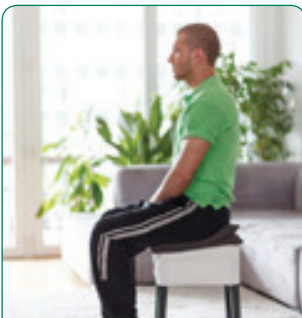
- Look ahead of you
- Legs slightly apart
- Shoulders over the elbows



Lying on your side

- Pillow between the legs and under the head
- Towel under the waist

Reducing the strain when sitting



- Pelvis tilted slightly forward
- Chest erect
- Shoulders relaxed
- Chin tucked in slightly



- Sit on the front edge of the chair
- Legs slightly apart
- Clasp your hands behind your neck
- Open your chest and stretch your upper back



- Lean your upper body forward
- Support your arms on your thighs
- Shoulders above the elbows
- Knees above your feet



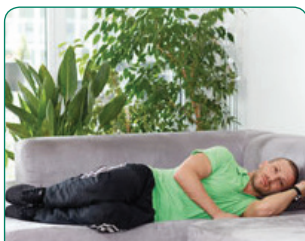
- Lean your upper body against the back of the chair
- Relax your shoulders
- Feet flat on the ground

Getting up



Lying on your back

- Bend your knees, place arms close to the body



Lying on your side

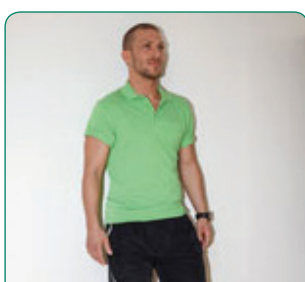
- Turn to the side keeping everything stable



Pushing up

- Push up with one arm and at the same time put the lower leg over the edge of the sofa

Taking the pressure off while standing



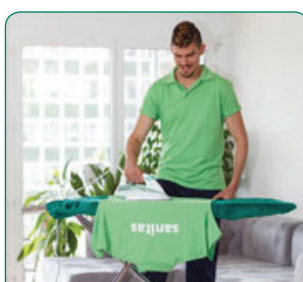
By the wall

- Lean your back on the wall
- Relax your shoulders
- Feet flat on the ground, slightly apart



With a chair

- Back straight
- Shoulders over the elbows
- Put one foot slightly in front of the other



Working standing up

- Put one foot on an object to raise it slightly

Exercise for the sake of your back

The main reason for back problems is our lifestyle, with many hours of sitting, too little exercise, unilateral strain and stress. So the recipe for a strong, healthy back is to exercise regularly and be careful to avoid unnecessary strain, your whole life long.

Build more exercise into your routine:

- Take the stairs instead of the lift or escalator.
- Walk for at least half an hour a day: on your way to work, while you're out running errands, or simply taking a walk at lunchtime or in the evening.