12 Months of Safety and Wellness

Back Safety

Healthy Habits

- Adopt **good postural habits**
- Maintain a **healthy body weight**
- Maintain a **strong back**
- Maintain **good flexibility**
- Participate in a regular **exercise program***

*Seek your doctor's OK before starting ***any*** exercise program

Posture

Keep The Curves!

Keep your back straight, maintain all 3 natural curves in your spine

Helpful Hints for Sitting:

- **Distribute your weight evenly** on both hips
- Keep your **head and neck aligned** over your shoulders
- **Sit back** in your chair; your back should be supported
- **Adjust your chair height** so that your hips are slightly higher than your knees
- Be sure your **feet are supported** by the floor or a footrest
- Avoid sitting for long periods of time; **get up from your chair** at least once every hour
- **Do not twist or bend** your back from a seated position

Helpful Hints for Standing:

- **Get a foot up**– rest your foot on a stool
- **Shift your weight** regularly to avoid fatigue
- **Avoid locking** out your knees
- **Change positions** frequently

Material

When Lifting:

- Keep your **back straight**
- **Tighten** your abdominal muscles
- **Squat** down to lift items from the floor
- **Use your legs**, not your back, to lift
- **Avoid twisting**- pivot your feet instead
- Keep the load as **close to you** as possible

Other Helpful Information:

- When pushing or pulling, remember that it is **safer and easier to push** rather than pull.
- **Utilize a cart** or other equipment to transport items whenever possible

Driving

- **Adjust Your Seat** to maximize comfort
- **Change Your Posture:** Move around in your seat to alleviate muscle fatigue
- **Take Breaks:** Get out of the car and walk around
- **Seat Accessories:** Use accessories such as lumbar supports and padded seat covers if needed

UC Be Smart About Safety

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Getting the most from our research analysis

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FIRST M. LASTNAME

SMARTER INVESTING: Experience vs. Discipline

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