

# KSU Facilities Safety Bulletin

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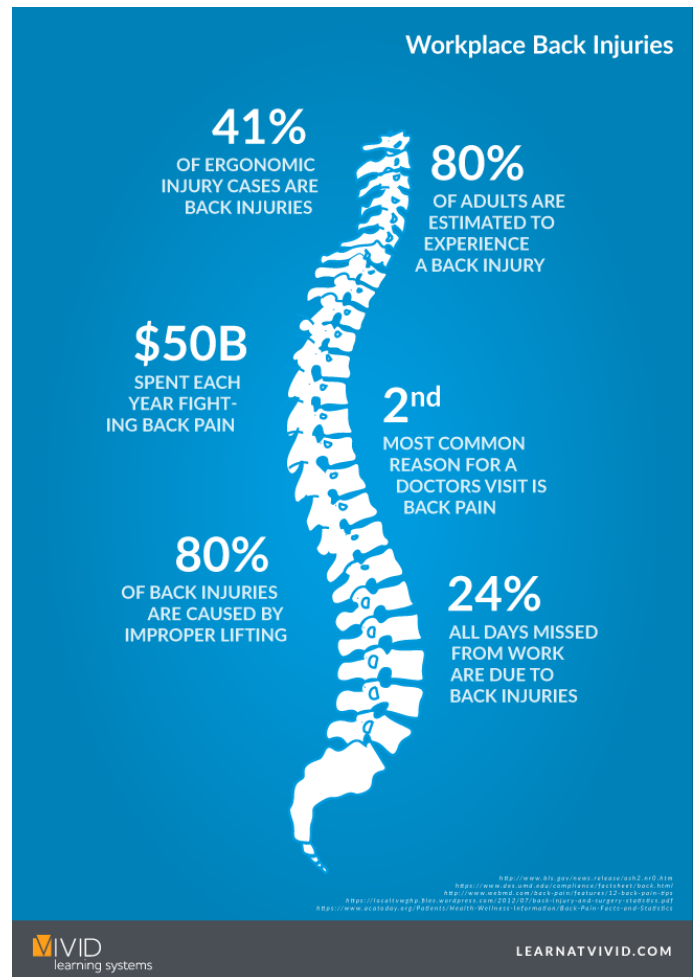
## 10 General Tips for Maintaining a Healthy Back

1. Maintain a healthy weight
2. People who are overweight are at greater risk for back pain, joint pain, and muscle strain than those who are not overweight. This is especially true for people with extra weight in their stomachs, because this excess weight pulls the pelvis forward and strains the lower back. A healthy, well balanced diet accompanied by a safe exercise program will help you achieve or maintain a healthy weight.
3. Get enough rest, but not too much
4. Sleep is good for our bodies, so it is important to get enough sleep and to sleep in a position that maintains a natural alignment of the spine. However, it is also important to maintain an active lifestyle if you want to reduce your risk of developing back pain. The vast majority of lower back problems are muscular in origin, and if the muscles are not moved and stretched regularly, they become tight, short, and stiff, eventually resulting in back pain and injury.
5. Maintain good posture
6. Correct posture and body mechanics result in less pressure on the discs and less strain to the muscles, ligaments and back joints. When your posture is good and you move your body correctly, you reduce your risk of back injury. A qualified individual may be able to help you optimize your working posture by doing an ergonomic assessment of your job and your work environment.
7. Reduce stress
8. Stress increases tension in all of your muscles, including your back muscles. Therefore, stress-reduction techniques like deep breathing and meditation may help you reduce your risk of back pain and injury.
9. Stay flexible

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10. Inflexibility in the form of tight hamstrings and a limited range of motion in the trunk can increase your risk of back injury or make existing back pain worse. Some forms of exercise, such as yoga, Pilates and tai chi, may help relieve or prevent back pain by increasing flexibility.



Source:

<https://vividlearningsystems.com/courses/osha/back-safety-and-injury-prevention>