

# Back Injury Prevention

- **Power Position:** Maintain the three natural curves to use your back in the strongest position.
- **Keep it Close:** Keep the load close to your body to lower the demands on your back.
- **Offset Positions:** Stretch and change positions frequently.
- **Feet First:** Move your feet first to avoid reaching and twisting.
- **Build a Bridge:** Support your upper body with an arm or leg to take the weight off your back.
- **Staggered Stance:** Build a bridge with your legs to support the weight of your upper body.
- **Knees Bent:** Bend your knees when standing to add comfort to your back.
- **Get a Foot Up:** Elevate a foot to provide comfort to your back when standing.
- **Move:** Move before you get tired when you are sitting and standing.

