

Spinal Health

SAFETY SHARE COURTESY OF: Lauren Selvik, TXAPA Administrator



According to the National Institute of Neurological Disorders and Stroke, low back pain is the leading cause of job-related disability. This is because neck and back pain can affect anyone in any job position or working condition. Keeping your spine strong not only alleviates daily aches and pains, but it also results in greater resistance to injury. Follow these safety tips to keep your spine healthy:

Lift Smart

- Always stretch to warm up your muscles and joints.
- Check the weight of the object you are moving. If the object is bulky or heavy, ask a teammate to help.
- Use your legs, not your back, when lifting.
- Take advantage of moving equipment such as carts and dollies.

Stay Healthy

- Maintain a healthy weight to avoid added stress on your lower back.
- Exercise regularly to keep joints, muscles, and ligaments strong.
- Stay hydrated.
- Pay attention to your body. Constant, severe back pain can indicate a serious spinal problem.
- Sleep on your side rather than your stomach to reduce spinal pressure.

Create an Ergonomic Workspace

- Use a sit/stand desk to reduce neck and back pain as sitting too long puts pressure on your spine.
- Maintain good posture while working.
- Organize your workspace efficiently to minimize movements that require repetitive straining and twisting motions.