



Back Injury: How to Avoid them

SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

1. Frequent causes of back pain:

- ⇒ Standing or sitting too long, especially without changing position
- ⇒ Lifting or carrying something that is too heavy and/or awkward
- ⇒ Lifting things using an incorrect technique, with your back in the wrong position
- ⇒ Sleeping in the wrong position or on a bad mattress

2. Several symptoms can warn you that your back is injured. See a doctor if you notice:

- ⇒ Sore or stiff muscles
- ⇒ Numbness
- ⇒ Tingling or burning sensations
- ⇒ Not being able to move your head, arms or legs as much as you used to

3. To review how to lift and carry things, check the SafeTips on [Lifting and Carrying Objects](#).

4. The key word for work shoes: practical. They should be comfortable, stable and supportive. If you have to stand on steel or concrete, consider using a cushioned insole or getting rubber and/or padded matting to stand on.

5. Start a program of exercise and stretching to strengthen you back and to keep you limber. As few as a half-dozen exercises and an investment of just 10 minutes a day can work wonders.

www.public.navy.mil/navsafecen/pages/media/index-safetips.aspx



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