**10 Ways to Prevent Back Injuries Handout**

**Directions:** Compare your lists from class to these discussion points.

|  |  |
| --- | --- |
|  | **Adjust your seat** |
| Notes |

|  |  |
| --- | --- |
|  | **Organize your workspace** |
| Notes |

|  |  |
| --- | --- |
|  | **Strengthen your core** |
| Notes |

|  |  |
| --- | --- |
|  | **Use proper lifting positions** |
| Notes |

|  |  |
| --- | --- |
|  | **Check your mattress** |
| Notes |

|  |  |
| --- | --- |
|  | **Use lifting equipment** |
| Notes |

|  |  |
| --- | --- |
|  | **Stretch, stretch, stretch (discuss exercises)** |
| Notes |

|  |  |
| --- | --- |
|  | **Be aware of slick surfaces** |
| Notes |

|  |  |
| --- | --- |
|  | **Wear personal protective equipment** |
| Notes |

|  |  |
| --- | --- |
|  | **Avoid same positions or uncomfortable movements** |
| Notes |