



Be Smart, Back up your Health

Your guide to back health in the workplace

The idea that manual handling and repetitive work is bad for you is a myth

When approached correctly, you can stay clear of back pain and joint issues - there are risk assessments and online learning to help you.

If approached incorrectly, it can contribute to health conditions such as lower back pain, joint injuries, muscular aches and strains

What do you mean, Physical Activity will help?

Regular lifting, bending, stretching and pushing at work? **Good job! You're helping to improve your overall health!**



Just doing your job can help you meet the recommended target of 30 minutes of physical activity 5 days a week!

Make sure you warm up to prepare your body for heavy or repetitive work - at the start of your shift and after your break.

Use good moving and handling techniques as per training and procedure.

Use any tools and equipment provided to do your job correctly and reduce risk.

Rotate repetitive activities - take rest periods and have micro breaks regularly.

Adopt good work postures.

Report any symptoms of ill health or injury to your Supervisor or Manager promptly.

Eat well and drink enough fluids.

If you're struggling, get in touch and book an appointment with the James Hall Medical Team today!

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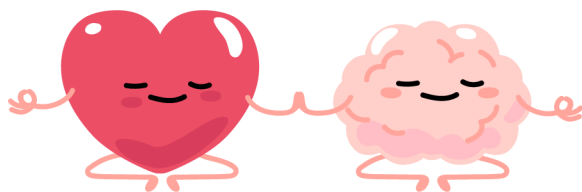


Scan the QR code for more information on looking after your back



How can my Mental Health benefit my workplace health?

Being physically active causes your body to release chemicals which help lift your mood and encourage you to feel more relaxed.



Breathe properly – if you feel stressed or anxious, take several deep breaths and fill your lungs, this will help you to feel calm and in control.

Use your breaks to get away from your working environment, enjoy fresh air and a change of scenery.

Keep things in perspective, celebrate success rather than give yourself a hard time about what you haven't achieved.

Make getting a good night's sleep a priority, aiming to go to bed and get up at the same time.

Use your holiday allowance to unwind and recharge, this will help with workplace fatigue.

Looking after your back

There is much you can do to look after yourself in the course of your active work.

Physiotherapists recommend you think carefully about the movements your job requires you to carry out regularly.

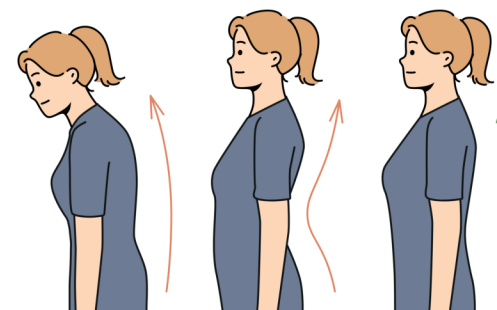


Try to eliminate movements that are not benefiting your health or may be limiting productivity. These may include:

- Awkward or uncomfortable positions
- Using too much force
- Placing too much strain on one side of your body

How can my Posture make a difference?

Having the correct posture is important for good health, ensuring your joints remain healthy and strong.



Poor posture can result from obesity, stress and anxiety, fatigue and poor manual handling techniques.

Your spine, shoulder and hip joints should be in alignment, with your spine appearing straight from the rear, and showing three natural curves from the side.

Aligning your posture will help you feel stronger, less tired and reduce aches and pains.

Working Safely, Together

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