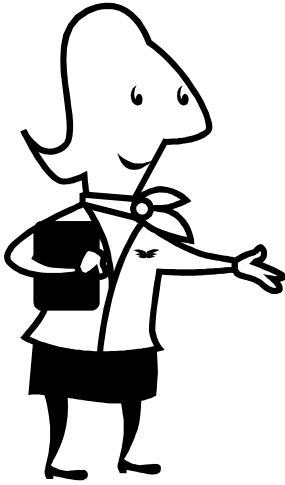


Posture for a Healthy Back

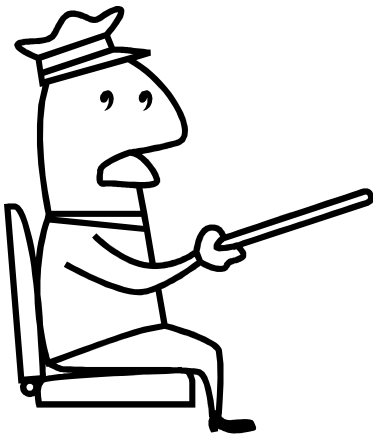
Correct standing position



1. Head up straight with chin tucked. Do not tilt head.
2. Stretch the top of your head toward the ceiling.
3. Earlobes in line with the middle of shoulders.
4. Keep shoulder blades back.
5. Keep knees straight but not locked back.
6. Tuck stomach in. Do not tilt pelvis forward or backward.
7. The arches in your feet should be supported by proper shoes.
8. Avoid standing in the same position for a long time. If possible, adjust the height of your work table to a comfortable level.
9. When standing, try to elevate one foot by resting it on a stool or box. After several minutes, switch your foot position.
10. While working in the kitchen, open the cabinet under the sink and rest one foot on the inside of the cabinet. Change feet every 5 to 15 minutes.

Correct sitting position

1. Sit with back straight and shoulders back. Buttock should touch the back of the chair.
2. All three normal back curves should be present while sitting. A small, rolled-up towel or lumbar roll may be helpful to maintain the normal curves in your back.



3. Distribute body weight evenly on both hips.
4. Bend knees at a right angle. Keep knees even with or slightly lower than hips. (use a foot rest or stool if necessary) Your legs should not be crossed.
5. Keep feet flat on the floor.
6. Try to avoid sitting in the same position for more than 30 minutes.
7. At work, adjust your chair height and work station so you can sit up close to your work and tilt it up at you. Rest your elbows and arms on your chair or desk, keeping your shoulders relaxed. SEE WORK STATION PICTURES
8. When sitting in a chair that rolls and pivots, don't twist at the waist while sitting. Instead, turn your whole body.
9. When standing up from the sitting position, move to the front of the seat of your chair. Stand up by straightening your legs. Avoid bending forward at your waist.

It is OK to assume other sitting positions for short periods of time, but most of your sitting time should be spent as described above so there is minimal stress on your spine.

Posture for a Healthy Back

Correct positions for stooping, squatting and kneeling.



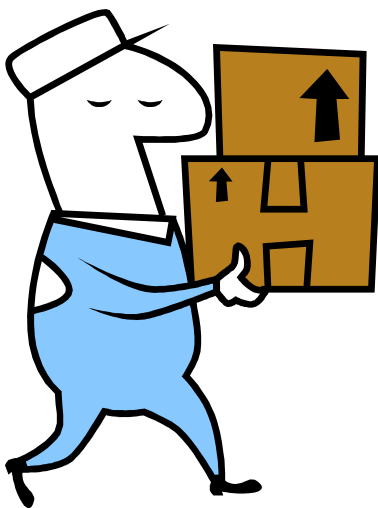
Kneel when you have to go down as far as a squat but need to stay that way for awhile. For each position, face the object, keep your feet apart, tighten your stomach muscles and lower yourself using your legs.

Correct driving position

- Use a back support (lumbar roll) at the curve of your back. Your knees should be at the same level or higher than your hips.
- Move the seat close to the steering wheel to support the curve of your back. It should be close enough to allow your knees to bend and feet to reach the pedals.

Correct lifting position

- If you must lift objects, get help with objects that are awkward or very heavy.
- Before you lift a heavy object, make sure you have firm footing.
- To pick up an object lower than the level of your waist, keep your back straight and bend at knees and hips. **Do not bend at the waist with your knees straight.**
- Stand with a wide stance close to the object you are picking up and keep your feet firm on the ground. Tighten your stomach and buttock muscles and lift using your leg muscles. Straighten your knees in a steady motion. Don't jerk the object up to your body.
- Stand completely upright without twisting.
- If you are lifting an object from a table, slide it to the edge to the table so that you can hold it close to your body. Bend your knees so that you are close to the object. Use your legs to lift the object and come to a standing position.
- Avoid lifting heavy objects above waist level.
- Hold packages close to your body with your arms bent. Keep your stomach and buttock muscles tight. Take small steps and go slowly.
- To lower the object, place your feet as you did to lift, tighten stomach muscles and bend your hips and knees.



Posture for a Healthy Back

What is the best position for sleeping and lying down?

No matter what position you lie in, the pillow should be under your head, but not your shoulders, and should be a thickness that allows your head to be in a normal position.



- Try to sleep in a position which helps you maintain the curve in your back (such as on your back with a pillow under your knees or a lumbar roll under your lower back; or on your side with your knees slightly bent). Do not sleep on your side with your knees drawn up to your chest. You may want to avoid sleeping on your stomach, especially on a saggy mattress, since this can cause back strain and can be uncomfortable for your neck.
- Lying back on a body pillow that is supporting you from your shoulders to your hips is an alternative position to laying on your back or side. Hugging a body pillow is an alternative to lying fully on your stomach.
- Select a firm mattress and box spring set that does not sag. If necessary, place a board under your mattress. You can also place the mattress on the floor temporarily if necessary. If you've always slept on a soft surface, it may be more painful to change to a hard surface. Try to do what's most comfortable for you.
- Try using a back support (lumbar support) at night to make you more comfortable. A rolled sheet or towel tied around your waist may be helpful; this is especially helpful for those with wide hips but smaller waists.
- When standing up from the lying position, turn onto your side first then draw up both knees and swing your legs over the side of the bed. Sit up by pushing yourself up with your hands. Avoid bending forward at your waist.