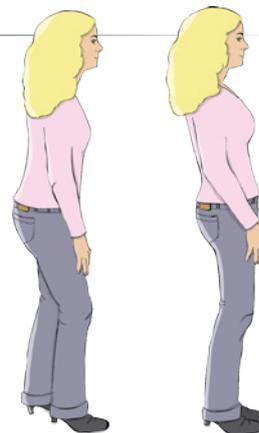


# HOW TO STAND, SIT AND WORK IF YOU HAVE BACK PAIN

## STANDING

- Distribute the weight of the body over both feet, keeping the knees light bent.
- Keep the back straight, maintaining the natural curvature of the back and head with the face pointing forwards.



## SITTING

- Place both feet on the floor and keep the knees flexed at an angle of about 90°.
- Sit at the back of the chair, not at the front, so as to rest your back against the chair back and protect the lumbar region.
- Try always to keep your back as straight as possible without bending it.



## WORKING

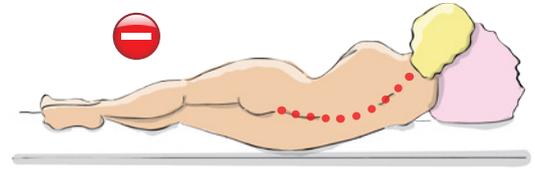
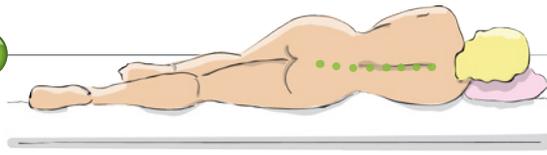
- Whether standing or seated, you should pay considerable attention to the height of the table and the distance between you and the table so as not to bend forward, keeping your back straight.



# HOW TO SLEEP, CARRY AND LIFT LOADS BETTER

## SLEEPING

- A medium firm mattress is the best choice.
- A very soft mattress means that the body sinks into it and the spine is curved, while an excessively hard one does not follow the body's natural contours.
- The pillows must not be too high so that the neck is not bent.



## CARRYING LOADS

- When carrying anything heavy such as bags, rucksacks, etc, avoid putting the load on one side of the body only; always carry things by spreading the weight over both sides of the body to prevent the back from bending.



## LIFTING LOADS

- To lift a load correctly you must:
  1. Position yourself with your feet apart and level with your shoulders, and as close to the load as possible.
  2. Flex the back (squat) and pick up the load.
  3. Once raised, you must always keep it close to your body and never twist your spine with the load in your arms.

