



## Back Problems

Groan. You're not alone.

Eight out of 10 people experience back problems at some time in their lives. Some common causes of back injuries and pain include being out of shape, incorrect lifting, sudden twisting, bending too far forward or backward without proper support, and strain from lousy posture.

Correct these bad habits to help reduce back pain.

And that's smart safety!

For additional information or guidance, contact your safety office.