

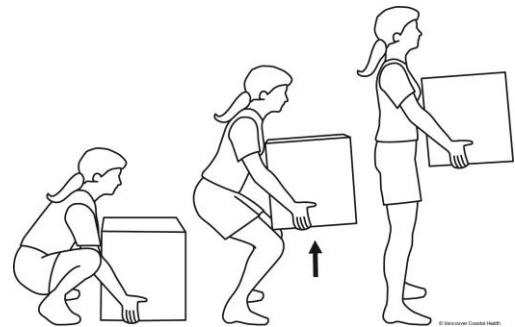
Lifestyles: Posture and Your Back

Back Basics – When you move

- Your back bone (spinal column) supports your upper body.
- The upper body supports your pelvis.
- Your lower back supports two thirds (2/3) of your weight when you bend forward.
- Bending over or turning to one side can strain your back.
- Over time, these kinds of movements can damage your back.

To protect your back

- Keep your back position.
- When standing and lifting, keep a wide base by placing your feet apart.
- When lifting and carrying, keep objects close to your body.
- Keep your centre of gravity close to your work surface.
- Keep your stomach muscles firm.



To move or lift an object

1. Slide objects instead of lifting them.
2. Push, don't pull.
3. If you must lift, try to break up the load or lighten the load.
 - Lift with your legs, not your back.
 - Hug the load close to you.
 - To turn, pivot your feet. Do not twist your back.
 - Save 20% of your energy by sitting.

For more about posture, watch these videos:

[A few tips on the Posture of your body – Part 1 \(YouTube\)](#)

[Laptop Ergonomics – Basic Tips – Adult or Child \(YouTube\)](#)



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