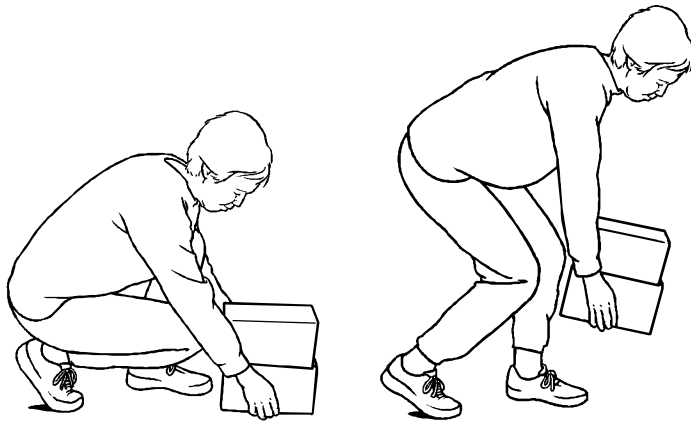




BACK CARE TIPS . . .



LIFTING: Bend with your knees to lift objects off the floor.

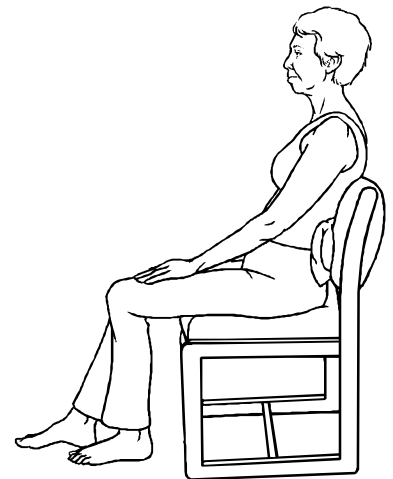
LIFTING HINTS:

- Keep head up.
- Bend at hips and knees.
- Do not bend at waist.
- Keep back straight.
- Grip object firmly.
- Get down to level of object.

BACK CARE "DONT'S":

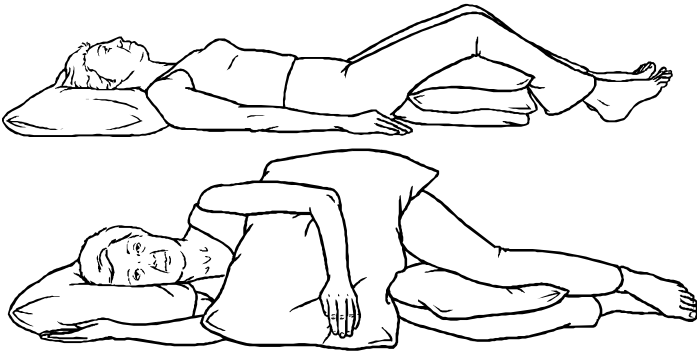
- DON'T bend at the waist to lift objects from floor.
- DON'T sit or stand for a long period of time.
- DON'T sleep on very soft beds or sit on soft chairs.
- DON'T reach too high lifting objects above head.
(Use a stool and reach at shoulder height or below.)
- DON'T sit in chairs if your feet can't reach the floor.
(Use a lower chair or stool to elevate feet.)

Whenever possible, support your back by sitting with a small pillow at your lower back.





BACK CARE TIPS (continued)



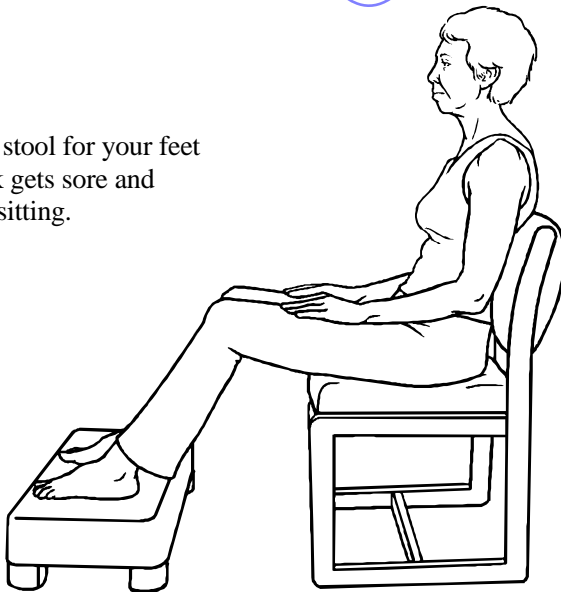
Rest your back when it is tired by lying down with legs elevated on a pillow.

Proper sleep position is on side with pillows between knees.

If you feel stiff or sore in the morning, experiment with various positions to lessen stiffness.

When turning, move the whole body, not just the upper body.

Try using a stool for your feet if your back gets sore and tired while sitting.



ADDITIONAL INSTRUCTIONS: