

# A bad back could cost you more than you think

4.9 million days are lost to back pain every year and thousands of companies just like yours suffer a reduction in productivity. Why risk your business when there are easy solutions? Look after your staff and protect your company.

Visit [www.betterbacks.hse.gov.uk](http://www.betterbacks.hse.gov.uk) or call 0845 345 0055 for a handy hints booklet.



**HSE**

Better health & safety  
benefits everyone.