

# A bad back could cost you more than you think

Bad backs affect the little things we normally take for granted, like sleeping and eating. But it can also mean long periods of time off work and reduction in pay.

Who knows where that could lead?

So look after your back at work and you'll be protecting your wages too.

For simple advice about how to protect your back at work call 0845 345 0055.



Better health & safety  
benefits everyone.