



A bad back could cost you more than you think

Imagine not being able to play sport, go out for a drink or even do the simplest of things like put your own socks on. On top of a loss in earnings, these are just some of the real costs of back pain. So look after your back at work and help protect your social life.

Visit www.betterbacks.hse.gov.uk or call 0845 345 0055 for a handy hints booklet.



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