

A man in a red and black bodybuilding suit is running on a gravel path. He is wearing a white headband and holding a water bottle. He is surrounded by several photographers who are taking pictures of him. The background is a lush green forest.

## Staying active can help a bad back

Every year, thousands of people suffer from back pain at work. Yet there are simple steps you can take to keep your back healthy, like taking exercise and staying active, adjusting your workstation and checking your posture.



Whatever your job look after your back  
[www.betterbacks.hse.gov.uk](http://www.betterbacks.hse.gov.uk)