



## Staying active can help a bad back

Every year thousands of people take time off work due to back pain. As a result, businesses suffer too. There are simple steps you can take to help your staff get back on their feet more quickly, like encouraging them to stay active. The important thing is to act early and work with your employees.



**Whatever your job look after your back**

[www.betterbacks.hse.gov.uk](http://www.betterbacks.hse.gov.uk)