



**Make sure your staff
use lifting aids**

Every year thousands of people take time off work due to back pain. As a result, businesses suffer too. But there are simple steps that you can take to help manage the risks of back pain amongst your staff, like introducing lifting aids, rearranging workstations and encouraging employees to stay active and keep their backs moving.



Whatever your job look after your back
www.betterbacks.hse.gov.uk