



**Whatever your job
look after your back**

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 handling aids, rearranging workstations and encouraging employees to stay active and keep their backs moving.



Avoid repeated twisting and bending

www.betterbacks.hse.gov.uk