

10 ^{tips} FOR GOOD BACK CARE

Back pain is common in the general population and most back pain is not due to any serious disease. These tips will help you keep a healthy back.

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1 Keep fit and active. Walking, swimming and cycling are all good activities for your back.

2 Avoid working for long periods with your back in a stooped or twisted position.

3 Handle loads with your back in a good position, and keep the load close to you.

4 Avoid sitting in very low seating for prolonged periods.

5 Adjust your work chair to support your back. Stretch regularly and take frequent desk breaks.

6 When driving adjust the car seat to support your back and take breaks on long journeys.



7 Sleep on a firm mattress with one pillow which gives good support to your neck.

8 Consider your work-life balance as stress can lead to increased muscle tension and discomfort.

9 If you do feel back pain, keep on the move and avoid sitting for long periods.

10 Consult your doctor or chartered physiotherapist if your symptoms persist.

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10 tips FOR SAFER HANDLING

Manual handling includes lifting, pushing, pulling, carrying, supporting and putting down a load.



1 Stop and think before handling a load. Can you do it safely? If not then get help or use equipment.

2 Check your environment and route. Do you need to move furniture or equipment to create space?

3 Have your feet apart with a stable base. Wear suitable footwear.

4 Before lifting the load, bring it close to your waist with the heaviest side of the load close to you.

5 Keep your back in a good posture. Do not handle loads with your back in a bent or twisted position.

6 Get a good grip on the load to prevent it slipping and keep your arms tucked in.

7 Bend your knees and use your leg muscles to power the lift.

8 Use weight transference when pushing and pulling loads.

9 Turn with your feet when moving with the load. Move smoothly with your head up.

10 When handling loads as a team ensure one person is in charge. Plan the task. Agree a command and ensure everyone moves together.



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CHARTERED PHYSIOTHERAPISTS IN HEALTH AND SAFETY AND ERGONOMICS



Office Ergonomics

Manual Handling

People Handling

Occupational Physiotherapy Solutions (OPS) is a QQI (FETAC) quality assured company providing consultancy and training services in the areas of people handling, manual handling and office ergonomics. The two directors Muriel Johnson and Lelia Jennings are chartered physiotherapists who have specialised in the areas of ergonomics and health and safety.

OPS provide a range of integrated advisory, training and support services to assist employers meet the requirements of workplace health and safety legislation.

These services include:

- Manual and people handling policy development and training
- Manual and people handling risk assessments and handling plans
- DSE/VDU workstation assessments for office staff
- Advice on office equipment and furniture
- Specialised ergonomic workplace assessments
- Assistance with return to work strategies and workplace accommodations

If you are interested in enquiring about any of our consultancy services or booking a place on one of our training courses please email us at info@oops.ie

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