

Keep Active to Manage Back Pain

Four out of Five of us will suffer from a bad back at some point in our lives. 80% of our back problems are caused by doing things at home. It is incredible to know that we perform up to 2000 tasks each day and our back will be involved in each one! Even when you are just sitting down your back is at work!

It is therefore very important that to take note of your lifting and handling training and put his into practice while at work.

Who gets back pain?

Most of us. The pain is not usually anything serious and settles in a matter of days. When it is painful you may be limited in what you do for a while but continuing to work will not do any harm.

What causes back pain?

Most back pain does not have an identifiable cause. Worrying may make it worse and delay the recovery.

What can we do about back pain?

Doctors used to advise rest. Evidence now shows that rest does not help recovery; not moving slows down recovery and can lead to long-term problems. Better to keep as normally active as possible.

Simple do's

- Do stay as active as usual.
- Do speak to your manager; discuss what can be done to help you stay at work.
- Do find out about back pain.
- Do see your doctor if the pain suddenly gets worse or does not improve after a fortnight.

Simple don'ts

- Don't stay in bed and wait for the pain to go away.
- Don't avoid simple activity because it hurts
- Don't worry, back pain is rarely serious.