

# Protect your back and your future

## Strained Smarter

Use resources on the jobsite to raise the work and avoid bending over.



Bending over stretches the ligaments and squeezes the discs in the back, causing them to press on the nerves. This can cause pain and long-term injury.



Use everyday jobsite tools to help you stay upright. Maintaining the natural curves in your back will help you feel better and be more productive.



Extending tool handles is a smart way to avoid bending. By standing to do your work, your back remains in a neutral position.



Take micro-breaks and stretch your back. This allows the back muscles to relax and return to their normal position. Returning to a neutral position and stretching, also encourages blood flow to the muscles, which helps keep them healthy.



## Work smarter, not harder!

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