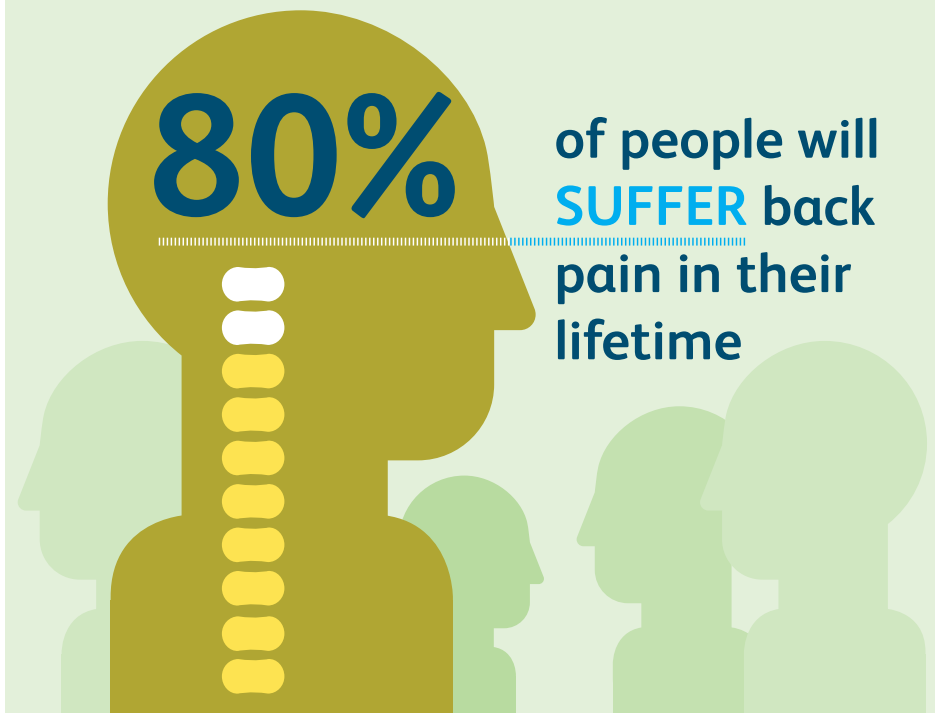


FACTSHEET

Back Pain








Did you know?



Tips for preventing back pain

-  Always warm up before any physical tasks
-  Follow the manual handling guidelines
-  Be regularly active
-  Find a mattress that suits your body
-  Regular massage
-  Stop smoking
-  Follow DSE guidelines – sit with good posture

Risk factors for back pain!

- | | |
|---|--|
|  Ageing – more care should be taken after the age of 40 |  Manual jobs - lots of heavy lifting |
|  Low fitness - 25% higher occurrence – less supple, reduced strength and endurance. |  Sedentary job - being desk bound can tighten and weaken supporting muscles to the spine |
|  Cold muscles and joints – may lead to a higher risk of muscle strains and pulls |  Smoking – can reduce nutrient supply to discs and back pain can take longer to heal |
|  Being overweight – additional physical stress on the spine and muscles | |

What can you do next?



For free advice on how to stop smoking call NHS cessation smoking helpline on 0800 022 4 332

Take advantage of your employee benefits to become more active (see Connect for details)

If you have any concerns speak to your line manager who will arrange occupational health support

For more information...

visit the occupational health and wellbeing pages on connect, or to download podcasts, videos and presentations visit Safety Central: Safety.networkrail.co.uk/Communication-and-Health/Occupational-Health-and-Wellbeing



everyone fit for the future