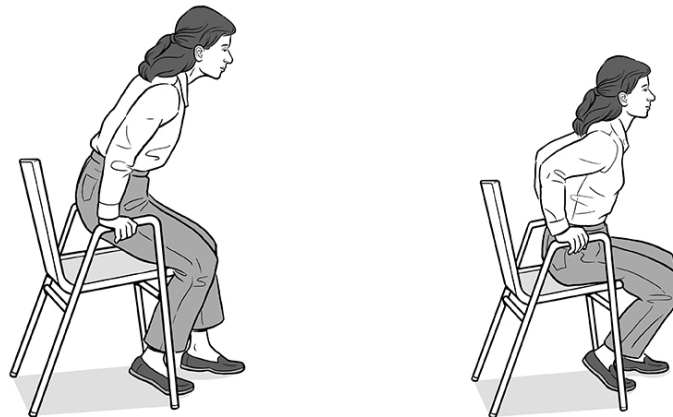


Back Safety: Sitting

Sitting can strain your back if you don't do it correctly. Learn the right moves to protect your back.

Sitting down

Follow these steps to sit down. Reverse them to get back up.



Sitting safely

- Keep your feet flat. Don't cross your legs.
- A low footrest (no higher than 8 inches) may help.
- A support behind your lower back or at your shoulder blades can help make you more comfortable.
- When sitting for long periods, change your position from time to time. Also, get up every half hour and move around.

