

# Health and Wellness Tip of the Week - Week 12

## Monthly Topic

March is *Workplace Safety Month*. It's the perfect time to remind employees about the importance of maintaining a safe and healthy work environment.

March 23, 2015

## Putting Mind Over Matter

### Think before you lift.

Lifting is strenuous — and your back will let you know if you've done it incorrectly. To avoid back pain and injury, think about these five approaches before you lift:

- ✿ Get as close to the load as possible — as if you're hugging the object.
- ✿ Keep yourself in an upright position while squatting to pick up the object.
- ✿ Tighten your stomach muscles to help support your spine.
- ✿ Use your legs, the strongest muscles in your body.
- ✿ Turn with your feet, not twisting your back.
- ✿ When you put your mind to it, you can avoid back injury when you follow these simple lifting techniques.

*Source: National Institutes of Health*



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