

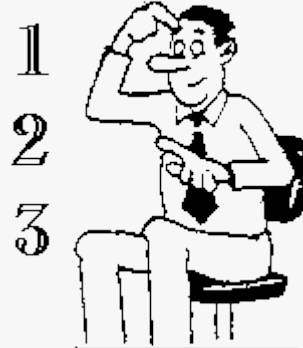
Back At Your Desk

How To Move In Your Chair

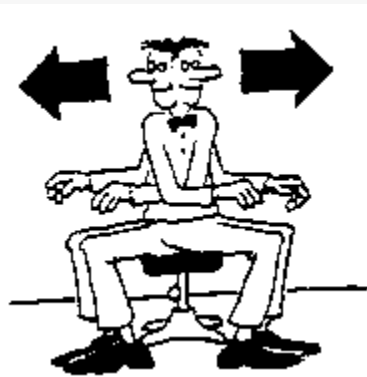
When you're moving about at your desk, your back is vulnerable to injury. Sudden bends and turns pull stiff, tense muscles and cause nagging back pain. To help protect yourself, learn to watch your back when you make a move.



Avoid sudden, jerky movements.



Take the time to plan your actions and move cautiously and carefully.



Avoid twisting your torso. Move your whole body when you turn, with feet and hips facing your destination.



Turn toward things you need instead of reaching off to the side or pulling things toward you.



To pick up objects that have fallen to the floor, slide to the edge of your chair and place a hand on your knee or your



Take a few minutes to walk around the office

desk to support your back. Keep one foot in front for additional support.

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or do some gentle stretches to relieve muscle tension.