

# Are you breaking your back at work?



**DID YOU KNOW** that **BACK PROBLEMS** are **RESPONSIBLE** for **ONE-THIRD** of all **AUSTRALIAN WORKPLACE INJURIES**?

Our backs were not designed to spend long periods of time sitting at desks, or lifting heavy weights - both common features of many work environments. After headaches and colds, back pain is the third most common reason for taking off work\*.

Back, neck and spinal problems are also big contributors to lost productivity in the workplace, and many Australians suffer at work as a result of incorrect posture, extended computer use and poor ergonomics.

*Causes of back pain include:*

- Poor posture
- Seating issues
- Ligament injury
- Incorrect lifting
- Lack of exercise

*“Low back pain is one of the commonest causes of disability among people of working age, and its impact on industry is enormous... The specific work-related physical activities that have been hypothesized to be associated with the onset of low back symptoms include: lifting heavy weights, bending and twisting...[and] working in the same position for long periods of time\*\*.”*

Chiropractors are the spinal health experts, and study for five years full time at university. Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons.

Chiropractors are highly qualified and trained to provide specialist advice on issues such as posture, ergonomics, exercise and nutrition - all of which are important aspects for a healthy workplace.

*healthy spine, healthier life*

Discover for yourself why *there's so much more to chiropractic.*

\* Lavelle, P. (2005). Fact File: Back pain. Retrieved from <http://www.abc.net.au/health/library/stories/2005/04/24/1829000.htm>

\*\* Macfarlane, G.J., Thomas, E., Papageorgiou, A.C., et al. (1997). Employment and Physical Work Activities as Predictors of Future Low Back Pain. *SPINE*, 22(10), 1143-1149.