



Caring For Your Back: Keeping it Strong and Healthy Webinar Resource Guide



Industrial ergonomics

- [Caring for your Back](#)
- [Safety Meeting: Lifting and Back Injuries](#) (also in [Spanish](#))
- [Safe Lifting Techniques](#) (also in [Spanish](#))
- [Hazard Checklist: Proper Lifting Techniques](#)
- [Steps for Safer Lifting](#)
- [Lifting Tips](#)
- [Pushing and Pulling Safely](#)
- [Carts: Push/Pull Guidelines](#)
- [Preventing Sprains and Strains](#) (also in [Spanish](#))
- [Back Connection: Back Health Videos](#) (Videos)
- [Back Belts](#)

Talking Back topics (information with points to review and questions for discussion)

- [Risk Factors](#)
- [Sitting](#)
- [Lifting](#)
- [Feed Your Spine](#)
- [The Cumulative Nature of Back Injuries](#)
- [The Power Position](#)
- [Stretching](#)
- [Compensate](#)
- [Flexibility Training: Myths and Misconceptions](#)

Office ergonomics

- [Ergonomics for Your Home Office](#) (Videos)
- [Tips on Proper Ergonomics at Home](#)
- [Office Ergonomics](#) (Videos)
- [Workstation Guidelines for Sitting and Standing](#) (Infographic)
- [Preventing Repetitive Motion Injuries](#) (also in [Spanish](#))
- [Avoiding Back Pain at the Computer](#)
- [Tech Neck – Avoiding Pain When Using Your Mobile Device](#)
- [Texting Ergonomics](#)
- [Stretches for Office Workers](#)

Additional resources

- [Back Care and Preventing Injuries: Care Instructions](#) (Kaiser Permanente)
- [Taking Care of Your Back](#) (Kaiser Permanente)
- [Low Back Pain](#) (Kaiser Permanente)
- [Back Belts – Do They Prevent Injury?](#) (NIOSH)
- [Be their Hero – Safety Culture Campaign Kit](#)
- [Safety Text Messages - subscribe](#)
- www.SafeAtWorkCA.com