



How to prevent back pain at the workplace

The back is a complicated structure of muscles, nerves, discs and bones. So, it's not surprising that back pain is a common problem. Poor posture or incorrect movements can contribute to pain or injury. The good news is that back pain is often preventable. We are here to help with a list of tips for you to share with your teams so everyone can keep their back healthy.

Back care basics



The do's and don'ts of back pain

It's likely you'll experience back pain at some point in your life, but you can take steps to minimize it.

Learn more



Let us help you keep your team safe.

Our Worksite Injury Prevention Program collaborates with your health and safety teams to create a safe work environment.

Learn more

For more information on how **Novant Health Employer Solutions** can support your company, call us at <u>336-277-3431</u> or send us an email at <u>EmployerSolutions@NovantHealth.org.</u>



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