



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 [336-277-3431](tel:336-277-3431) or send us an email at EmployerSolutions@NovantHealth.org.