Back injuries, a form of overexertion, are the nation's leading workplace safety problem. According to the Bureau of Labor Statistics, back injuries account for one of every five workplace injuries or illnesses. More than 1 million workers suffer back injuries each year. To help prevent back strain and other overexertion injuries:

- Lift with your knees, not with your back.

- Reduce large loads into smaller ones or, when possible, use mechanical assistance.

- Stack items you are carrying to lift safely.

- If you sit for long periods, make sure your chair fits correctly and is ergonomically designed.

- Exercise and get proper rest.

Overexertion is preventable.
Know your risks.

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Learn more about injury prevention:
nsc.org/nsm