



B

Be kind to yourself. Physical and mental health are directly related, so by helping one you are helping the other

A

TRY a Jolly Back Chair!



Arrange workplace activities to avoid or limit awkward postures. Get comfortable before you begin, move and change position regularly. Use equipment provided to support you



Can children access and pack away their own resources? Limit frequent bending wherever you can!

K



Keep lifting to a minimum and complete appropriate Moving and Handling training provided by your employer

Back Health is important for everyone - the highest risk factor for having back pain is already having had it, so prevention is definitely best! Low Height Working is one of the many challenges of working with children. Here's some Top Tips for Teachers:

Back Health

H

Hydration is important throughout the day and so are toilet breaks!



E

Tell someone if you have symptoms!!!

Early reporting of cumulative strain injury helps employers make improvements for you and your colleagues. Cumulative strains are aches and pains which come on over time and are not just part of being a teacher!

A

Assess risks and hazards of Low Height Working and Moving and Handling - it needn't take long and can safeguard your health and that of children in your care

L

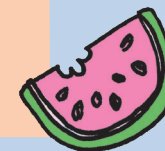
- Activities include:
- Bending over low tables
- Sitting on children's chairs
- Admin at children's desks
- Moving books & equipment
- Moving & Handling children
- Washing up in low sinks
- Putting up displays
- Using whiteboards
- Nappy changing

Low Working = High Hazards



Take time to relax at home for your body & mind to rest

H



Have a healthy diet and keep active for tip top skeletal condition

