



A WAREHOUSE WORKERS GUIDE TO PROTECTING YOUR back and wrists

Protect your back and wrists from work-related pain by taking care of yourself, aiding recovery and protecting your joints from overuse and strain.

For warehouse workers the most common areas of discomfort are the back and wrist joints and as these are areas that are heavily relied upon to carry out the daily tasks, aches that are ignored can become much more painful overtime.

There are things you can do to protect yourself from occupational joint pain and it is not just about learning the correct lifting procedures for moving heavy or large objects.



PROTECTING YOUR BACK

Back pain does not always derive from a poor lifting technique but often from instability in the muscles that surround your spine. By strengthening these muscles, you greatly reduce the likelihood of causing yourself an injury.



Exercise

Strengthen your core muscles through gentle exercise such as Yoga, Pilates and Swimming.



Holistic

Soaking in a bath infused with an essential oil such as lavender or rosemary will help to relax your muscles after a long shift and aid muscle recovery.



Support

Wear a breathable, comfortable supporting back brace to provide stability at work.





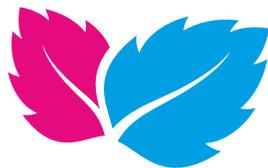
PROTECTING YOUR WRIST

Your wrists are made up of a complicated collection of joints that are responsible for backwards, forwards and side-to-side movements of the hand and without thinking about it, we use our hands and wrists for pretty much everything. Repetitive activities can put a huge amount of strain on your wrists.



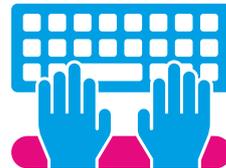
Exercise

Use a stress ball to improve the squeeze and pinch strength in your hands to support your wrists and forearms.



Holistic

Apply gentle heat to the joints and massage an essential oil such as peppermint into the joint area to reduce inflammation.



Support

Supports keep your wrists in a neutral position and reducing overexertion and the associated inflammation that can occur from repetitive movements.

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