

TIPS FOR A HEALTHY BACK

To keep your back healthy, try to:



Lift with your legs.



Get close to the fruit or vegetables you are picking.



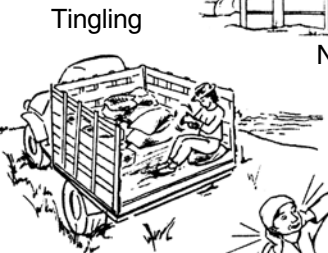
Carry smaller loads.



This is what you may feel if you have hurt your back:



Pain



Tingling



Numbness



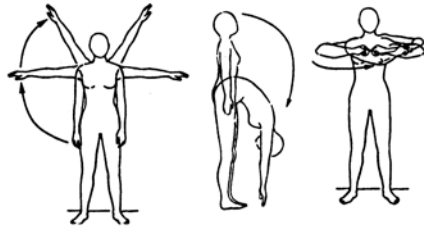
Weakness



Stiffness

To help yourself or relieve back pain:

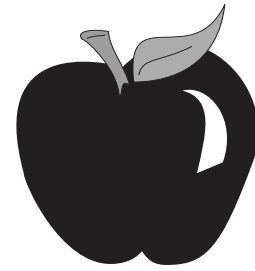
Take aspirin, ibuprofen, or acetaminophen.



Do stretch exercises.

Back pain affects many of us and makes it difficult for us to work. Sometimes back pain may be caused by the work that we do. But there may be symptoms that let us know when our backs have been hurt and treatments to help us feel better.

If you need help to find a doctor or more information, please call:



Hotline for Migrant & Seasonal Farmworkers in Maine

8:00 a.m. - 4:30 p.m.

1-888-307-9800

ACKNOWLEDGMENTS

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