Praxis Loten · Eupen

On the dock: tips for your working day

Logistik Nord workshop · order pickers · handout for participants

Your back is strong. The back is made to move and carry. Having back pain now and then is common. Most of the time it is not serious and it passes.

A 15 kg parcel on the floor



- There is no single right way to lift, straight back or rounded back. Try several and keep the ones that suit you.
- Options to try: the parcel close to your body, turning with your feet while carrying.
- Your back gets stronger by carrying. Don't protect it: train it.
- Heavy or bulky parcel: use the pallet truck, or ask a colleague to help and do it together.

Vary over 8 hours



Explore different ways of doing your task and be curious about your body. Vary your movements and positions: no posture is bad in itself, staying in the same one for a long time is what tires you. Get out of the rut.

The active break: 90 seconds, three times a day



1. Open: arms to the ceiling, stand tall, five breaths — **30 s**
2. Mobilise: pelvic circles, upper-body rotations — **30 s**
3. Load: five squats — **30 s**

Plus the pelvic tilt: sitting on the edge of the chair, arch then round your back, ten times, slowly. This is not a treatment.

If it hurts. Discomfort or pain at work is common and usually passes. Your body is strong and adapts. Moving often helps: vary your movements and keep moving at your own pace. If it gets in the way of your work, talk to the prevention adviser or the occupational physician.

Go to the emergency department straight away if: you have trouble passing urine or holding it · an area between your legs feels numb · one leg is getting weaker and weaker.

See a doctor soon if: the pain follows a fall or an accident · you have a fever or feel unwell · you have had cancer, or you are losing weight for no reason · the pain does not change in any position, day or night · no improvement after a few weeks.

This handout does not replace your company's safety instructions.

FICTIONAL EXAMPLE