

# WORK INJURIES

## BACK PAIN



Back pain can begin quickly and last for days. **To help yourself:**

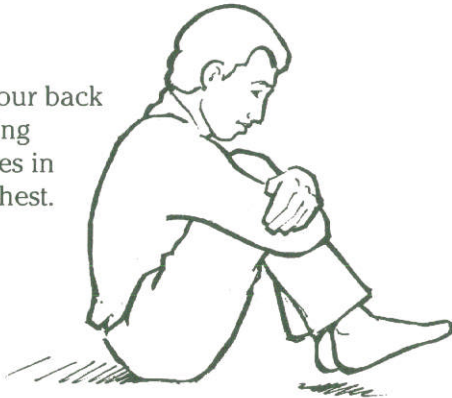
1. Get rest in bed.



2. Put ice on your back and rub the back for 5 minutes.



3. Stretch your back by bringing your knees in to your chest.



## For back pain that lasts for more than 2 days:

1. Sleep on your side with a pillow between your knees.



2. Take aspirin or ibuprofen for pain (as directed).

