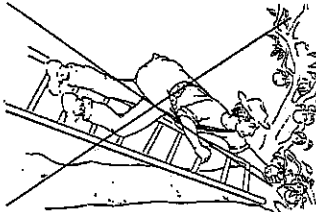
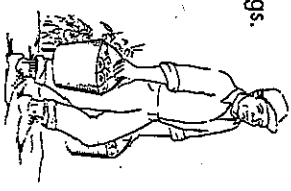
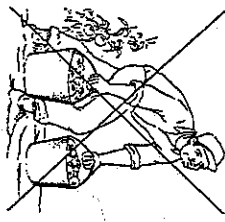


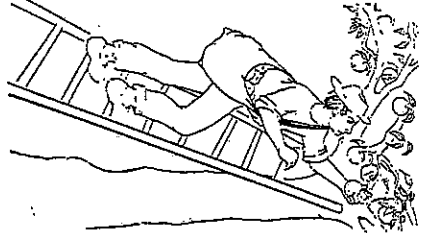
# TIPS FOR A HEALTHY BACK

To keep your back healthy, try to:

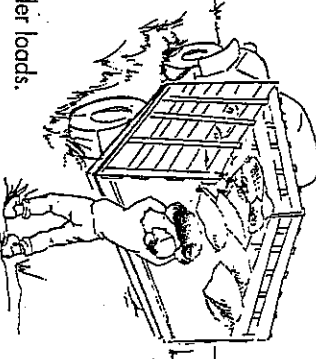
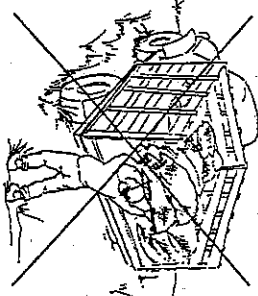
Lift with your legs.



Get close to the fruit or vegetables you are picking.

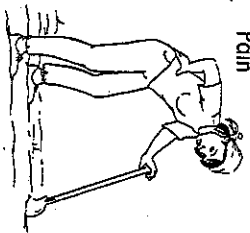


Carry smaller loads.

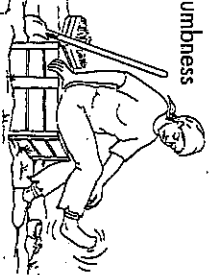


This is what you may feel if you have hurt your back:

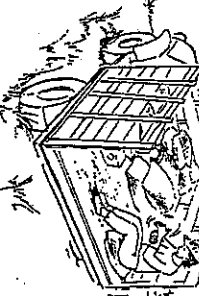
Pain



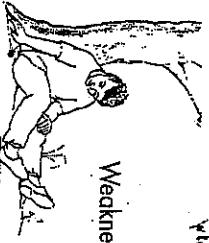
Numbness



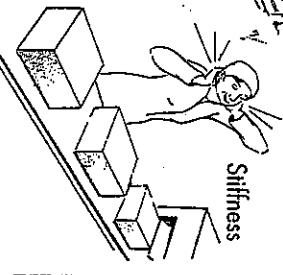
Tingling



Weakness

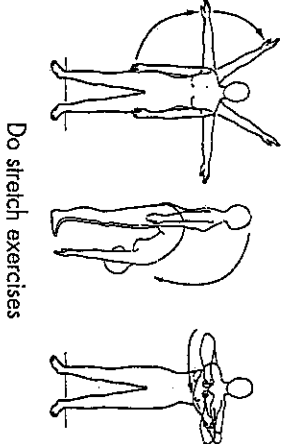
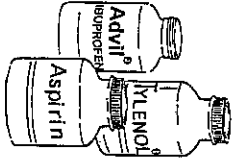


Stiffness



To help yourself or relieve back pain:

Take aspirin, ibuprofen, or Tylenol



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 are 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:



## CALL FOR HEALTH

Information on Health Services for Farmworkers

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

### 1-800-377-9968

#### ACKNOWLEDGEMENTS

Produced by:  
National Center for Farmworker Health, Inc.  
(512) 312-2700, (800) 531-5120

Prepared by:  
Viola Gomez, Ed Hendrickson, Dr. Karen B. Mulloy, Dr. Jim Meyers, Tammy Brannen-Smith, Pam Tau Lee, Dr. Mary Lynn Thomas, and Madge Vasquez  
Translation: Carolina Derber     Artwork: Inés Ballús

Funding for this project was made possible by the Southwest Center for Agricultural Health, Injury Prevention and Education & The National Institute for Occupational Safety and Health (NIOSH).

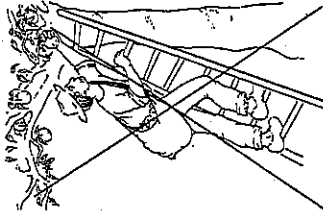
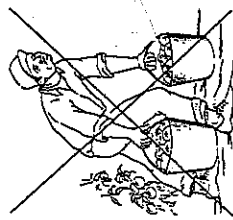
# CONSEJOS PARA UN ESPALDA SALUDABLE

El dolor de espalda nos afecta a muchos de nosotros y hace difícil nuestro trabajo. Algunas veces el dolor de espalda es causado por el trabajo que hacemos. Hay síntomas que nos indican que nuestra espalda se ha lastimado y hay tratamientos que nos ayudan a sentirnos mejor.

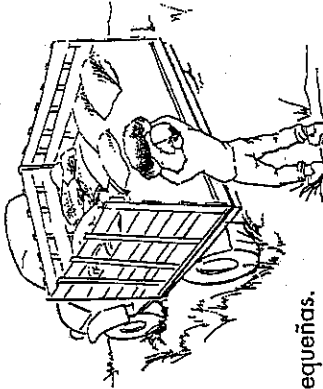
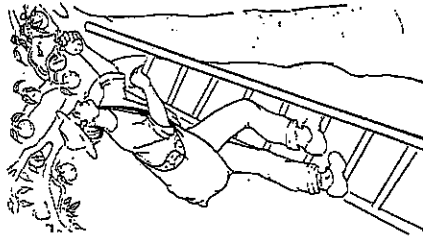
**Si necesita ayuda para encontrar un doctor o más información, por favor, llámé al:**

**Para mantener un espalda saludable, trate de:**

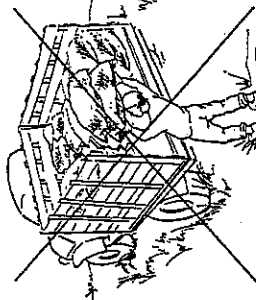
Levantar con la fuerza de sus piernas.



Acercase a la fruta o vegetales que esta recogiendo.

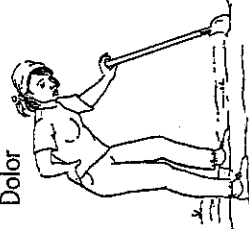


Levantar cargas mas pequeñas.

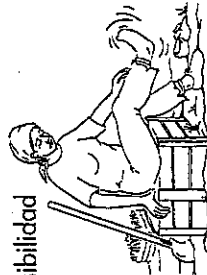


**Algunos síntomas de dolor de espalda son:**

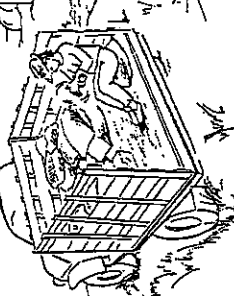
Dolor



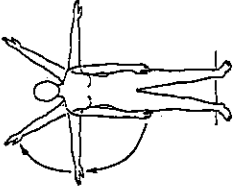
Insensibilidad



Cosquilleo



Tesura



Debilidad



Haga ejercicios para estirarse



## CALL FOR HEALTH

Información de Servicios de Salud para los Trabajadores del Campo

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

Hora del Centro

**1-800-377-9968**

### AGRADECIMIENTOS

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Preparado por:

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Traducción: Carolina Barber

Arte: Inés Batilló

Los fondos para este proyecto, se dieron gracias a la colaboración del Southwest Center for Agricultural Health, Injury Prevention and Education & The National Institute for Occupational Safety and Health (NIOSH).