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).