

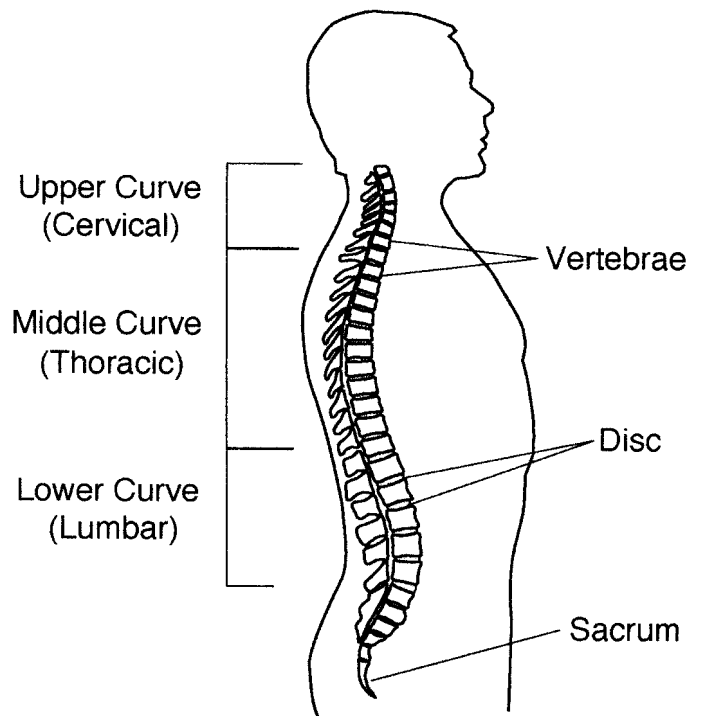
Back Health And Safety

Your back works all of the time, even when you are asleep. Over time, poor posture, movements and lack of exercise can lead to back problems. You can prevent most back problems if you use your back the correct way and exercise safely.

Your Back

Your back is made up of bones, discs, muscles, ligaments and nerves.

- Bones of the spine include 24 bones called vertebrae, and a larger bone called the sacrum or tailbone. These bones form 3 curves.
- Discs on top of each vertebrae are like cushions. Regular exercise helps keep discs healthy.
- Muscles of the back, stomach, buttock and thigh give support to the back. If these muscles are weak, pulled, or tight, you may have problems with your back.
- Ligaments are tough elastic bands that hold bones together. Repeated stress on ligaments can lead to injury.
- Nerves coming from the spine tell muscles when to move and cause pain when there is a problem.



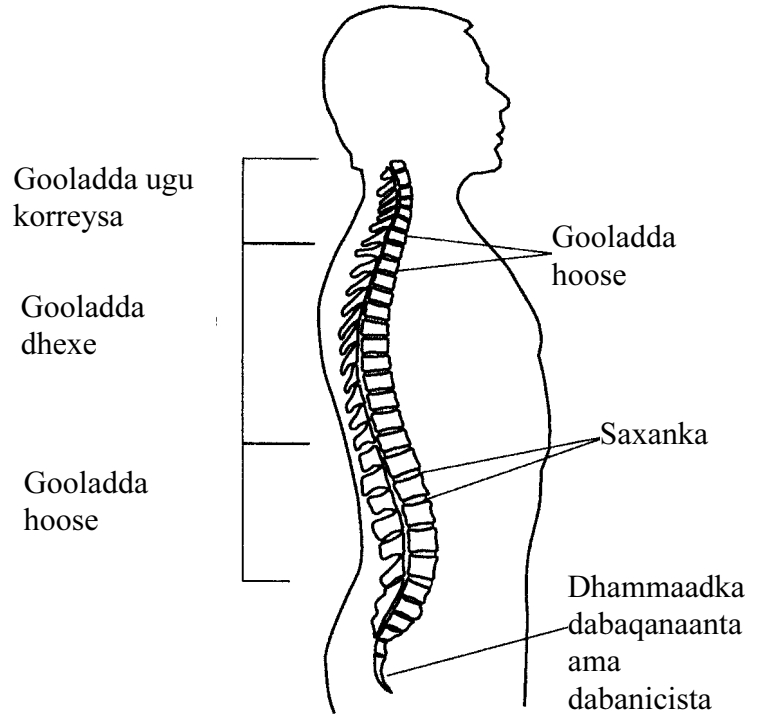
Caafimaadka Iyo Nabdoonaanta Dhabarka

Dhabarkaagu wuxuu shaqeeyaa waqtiyada oo dhan, xitaa marka aad huruddo. Waqti ka dib, qaab xun, dhaq-dhaqaaq xun iyo jir dhis la'aan ayaa keeni kara dhibaatooyin dhabar. Waxaad ka hortagi kartaa inta badan dhibaatooyinka dhabarka haddii aad isticmaasho habka saxda ah aadna jir dhiska si ammaan leh u sameyso.

Dhabarkaaga

Dhabarkaagu wuxuu ka sameysan yahay lafo, saxanno, murqo, xejiyo iyo xididdo.

- Lafta dhabarka waxaa ka mid ah 24 lafood oo loo yaqaanno xariir, iyo lafta weyn ee loo yaqaanno dabaqanaan ama dabanicis ama lafta saynta. Lafahaan waxay sameeyaan 3 gooladood.
- Saxannada meesha ugu sarreysa ee xariir lafeed oo kasta waxaa ah wax sidii barkimo oo kale ah. Jir dhis joogto ah ayaa gacan ka geysta iney saxammadu caafimaad qabaan.
- Murqaha dhabarka, caloosha, badhida iyo bowdadu waxay taageero siiyaan dhabarka. Haddii murqahaan ay daciifaan, la jiido, ama giigsamaan, waxaa laga yaabaa in dhabarka dhibaato kaaga dhacdo.
- Xijiyadu waa xarko laastiko ah oo xooggan oo lafaha isu haya. Cadaadis soo noq-noqda oo fuula xijiyada wuxuu keeni karaa dhaawac.
- Xididdada ka yimaada laf dhabarku waxay murqaha u sheegaan goorta ay dhaqaaqayaan waxay keenaan xanuun marka ay dhibaato jirto.



How to Keep Your Back Healthy

Use these tips to keep your spinal curves in balance to decrease your chances of back injury.

- When Standing

Look straight ahead and keep your ears in line with your shoulders. Your hips and knees are straight. The lower curve in your back is present but not curved too much. Limit twisting at the waist. Turn your body by moving your feet.



- When Sitting

Keep your hips, knees and ankles at a 90 degree angle. Sit up straight in a chair. Do not slouch. Use a pillow or rolled up towel if you need support for the lower curve of your spine.

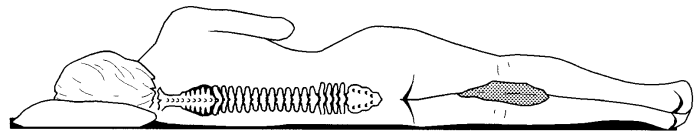


- When Lying Down

A firm, but not hard surface best supports the spinal curves.

Sleeping on your side with a pillow between your knees is the best position for your back.

If you sleep on your back, support your neck on a pillow and have a pillow under your arm. If you sleep on your stomach, use a thin pillow under your stomach and bend one leg to the side.



Sidee ayaad Dhabarkaaga mid Caafimaad leh ugu Xafidi Kartaa

Aaraa'daan u isticmaal in aad gooladaha laf dhabartaada kuwo isu dheellitiran ka yeesho si aad hoos ugu dhigto fursadaha dhaawaca dhabarkaaga.

- Markaad Istaagan tahay

Si toosan horey u eeg dhegahaagana garbaha la sin. Badhidaada iyo iyo jilbahaagu way toosan yihiin. Gooladda hoose ee dhabarkaagu way joogtaa laakiin in badan ma soo godna. Xaddid wareejinta sinaha. Jidhkaaga soo rog adigoo lugaha dhaqaajinaya.



- Markaad Fadhido

Badhidaada, jilbaha iyo anqawiyada ka yeel xagal 90 darajo ah. Si toosan kursiga ugu fadhiiso. Ha isa soo laabin. Istimmaal barkin ama tuwaal la duuduubay haddii aad taageero uga baahan tahay gooladda hoose ee laf dhabartaada.

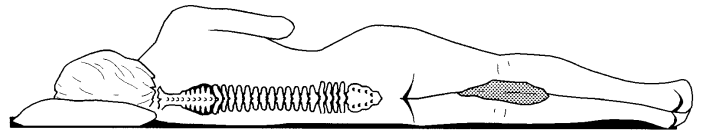


- Markaad Jiifto

Meel siman, laakiin aan adkeyn ayaa sida ugu wanaagsan u taageerta gooladaha laf dhabarka.

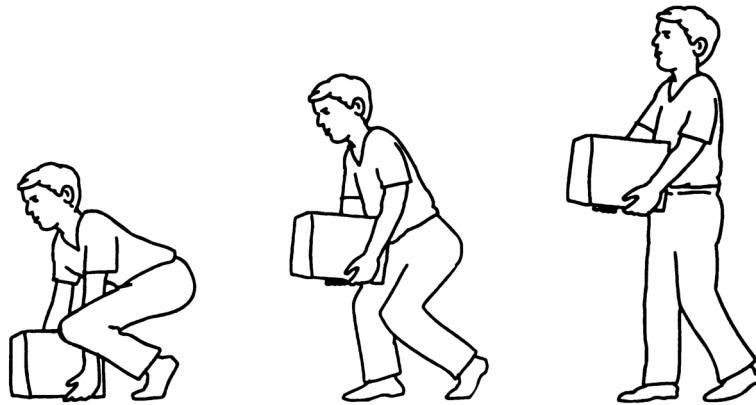
U seexashada dhinaca iyadoo barkin ay jilbaha dhexdooda kuugu jirto ayaa ah habka

dhabarkaaga ugu wanaagsan. Haddii aad dhabarkaaga u seexato, qoortaada barkin ku taageer oo barkin dhigo gacantaada hoosteeda. Haddiise aad caloosha u seexato, barkin khafiif ah dhigo caloosha hoosteeda ka dibna hal lug dhinaca u soo laabo.



- When Lifting

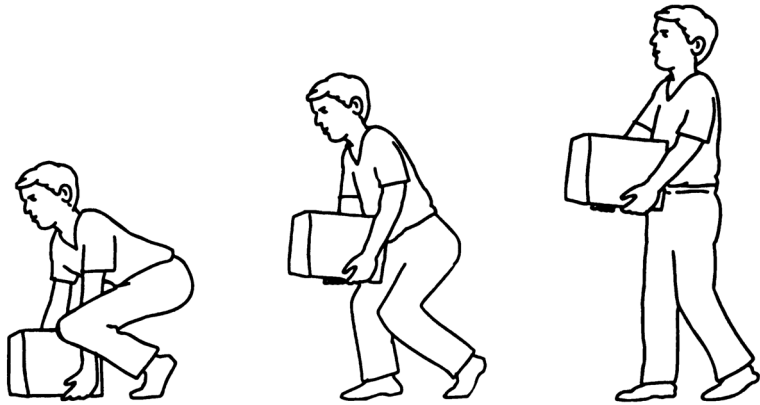
Keep your back straight while bending and lifting. Use your leg and buttock muscles to lift. Bend the hips and knees, not the back, and squat when you lift an object. Keep the object close to your body. Straighten your legs and do not twist as you return to a standing position.



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- Markaad wax qaadayso

Dhabarkaaga toosi marka aad isa soo laabayso oo wax qaadayso. Isticmaal murqaha lugtaada iyo badhida inaad wax ku qaaddo. Soo lab badhida iyo jilbahaba, ka dibna wada qabo markaad shay qaadayso. Shayga jidhkaaga u dhawee. Lugahaaga toosi hana is maroojin marka aad ku noqonayso booskaagii istaagnaanta.



Back Health Safety. Somali.

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