

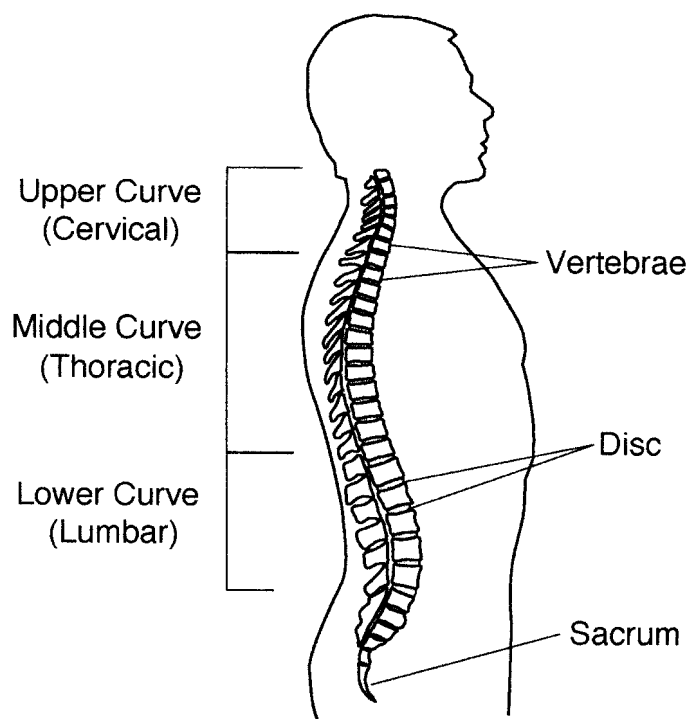
Back Health And Safety

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.



How to Keep Your Back Healthy

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

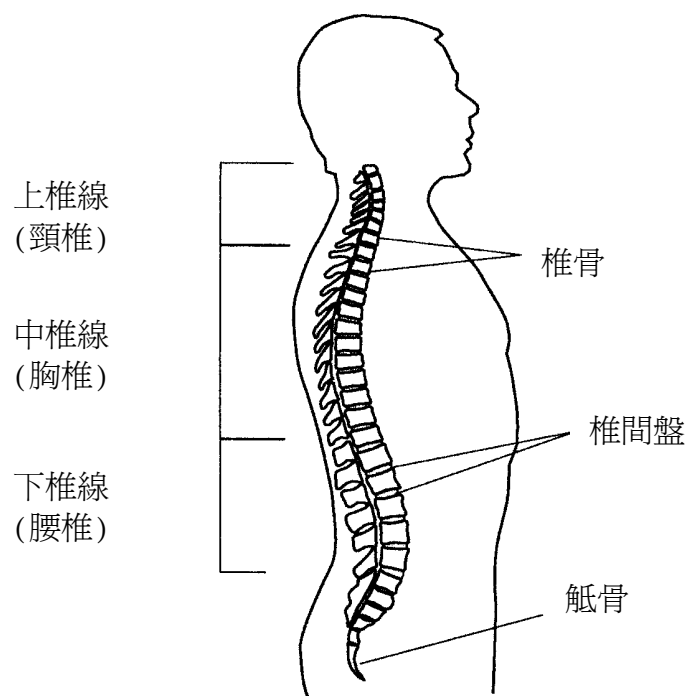
背部健康和 safety

您的背部一直都在起作用，甚至在您睡覺時。不良姿勢、各種動作以及缺乏運動都可能漸漸導致背部問題。如果您以正確的方法使用背部並安全進行運動，您可避免背部問題。

您的背部

背部由骨頭、椎間盤、肌肉、韌帶和神經組成。

- 脊椎骨包括 24 塊骨頭，稱為椎骨，較大的一塊骨頭稱為舐骨或尾骨。這些骨頭形成 3 個曲線。
- 塊椎骨上的椎間盤都像個墊子。定期運動有助於保持椎間盤的健康。
- 背、胃、臀部和腿的肌肉都支持背部。如果這些肌肉虛弱、被拉扯或緊張，您的背部就可能有問題。
- 韌帶是將骨頭連在一起的強韌的帶子。韌帶反復遭受壓力可導致損傷。
- 脊椎上的神經讓肌肉知道何時作出動作，有毛病時會引起疼痛。



如何保持背部健康

請用以下提示保持您脊髓曲線的平衡，減少背部損傷的機會。

Back health Safety. Traditional Chinese.

- 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.



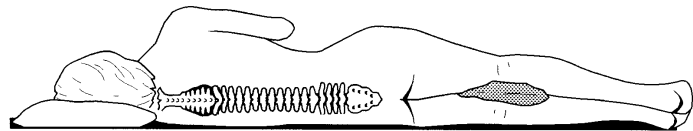
- When Sitting

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

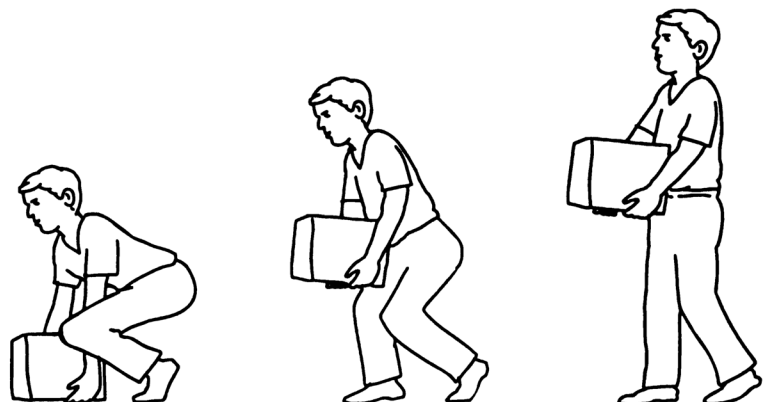
A firm, but not hard surface best supports the spinal curves. Sleeping on your side with a pillow between your knees is the best position for your back.



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.

- 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.



- 站立時

筆直朝前看，將您的耳朵和您的肩部保持在同一線上。髖部和膝部要直。腰部有曲線但不要太彎。限制腰部的扭動。移動雙腳來轉動您的身體。



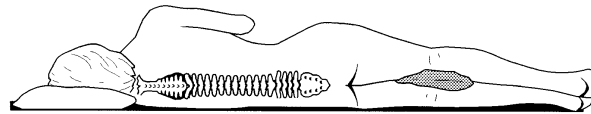
- 坐著時

將您的髖部、膝部和踝部保持90度角。在椅子上坐直。不要呈懶散狀。如脊椎線下部需要支持，請使用枕頭或捲起的毛巾。



- 躺著時

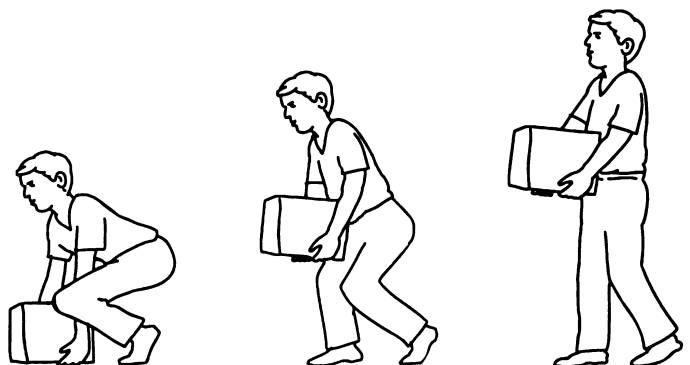
一個堅實但不堅硬的表面能最好地支撐脊髓曲線。側睡並在雙膝間放一個枕頭對您的背部是最好的姿勢。



如果您仰臥，請在頸下墊一個枕頭並在手臂下放一個枕頭。如果您趴著睡，請在肚子下放一個薄枕頭，一條腿向旁邊曲起。

- 抬起東西時

彎腰及起身時，保持背部直挺。使用腿部和臀部肌肉起身。抬起一個物體時，彎曲髖部和膝部，而不是背部，蹲下，將物體靠近您的身體，當您回復站立姿勢時，伸直雙腿而不要扭曲雙腿。



Back health Safety. Traditional Chinese.

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