Back Safety: Exercise And Ergonomics Safety Video

They say you never notice the parts of your body until they hurt. This video stresses the importance of back safety and discusses not only the risks involved in everyday body movement, but also the ways to prevent those risks from turning into debilitating injuries. The presentation stresses a proactive approach including proper health through exercise and ergonomics. Information is offered on how to properly move through each day without adding undue strain and stress on the body. Viewers will be shown a range of basic stretches as well as other methods and tips for safe and healthy move.