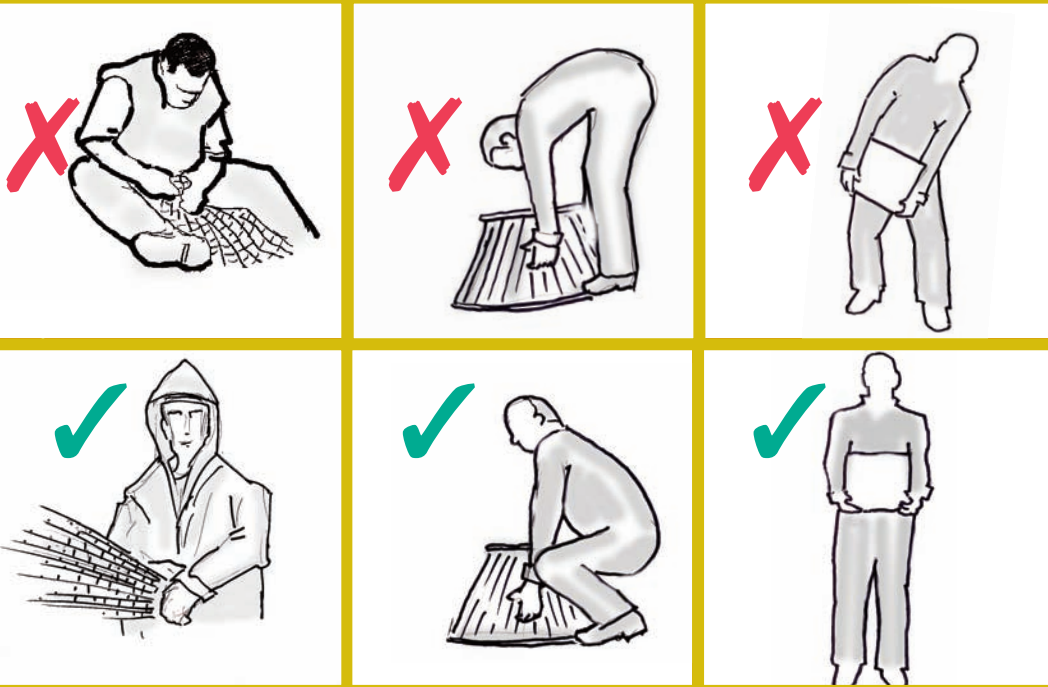


# Making your back work for you



**BACK STRONG, BACK FISHING**

## Keep your back in mind

- Maintain a correct posture at all times
- Use safe lifting and carrying techniques

### Risks for Back Injury at Work

- Poor lifting techniques
- Lifting or moving heavy loads
- Reaching and pulling
- Poor physical condition



# A strong back matters because...

- You can live an active lifestyle when your back is healthy
- You can have a successful fishing season (free of injury)
- You can continue with commitments to family, recreational hobbies, household repairs, maintenance, wood cutting, etc.
- Work can be hazardous given the unpredictable forces of nature. The stronger your core supporting muscles (pelvis, lower back, hips and abdomen), the better your balance and stability.



## Preparing for the season

- Exercise year round
- Start preparing for the fishing season early
- Pace your activities
- Organize your supplies so they are within safe reach
- Take regular breaks and change postures frequently

## Safety Tips

*(as shared by other fish harvesters)*

- Salt slippery surfaces (or place gravel in paint) and clean deck floor as needed
- Ensure no obstacles in walkways
- Maintain equipment regularly
- Two person lift for heavy loads
- Wear appropriate Personal Protective Equipment (PPE)
  - non-skid footwear
  - knee pads
- You know your boat. Assess for ways to improve how things are done.
- Warm up muscles and exercise regularly

*(see reverse)*

# Making your back work for you!

A minimum of 10 minutes walking, combined with a daily exercise program, can prevent or reduce lower back pain. Getting active provides both physical and mental health benefits. Always consult a doctor before starting any exercise program.



## SPINAL MOBILITY EXERCISE – CAT and CAMEL

**Starting Position:** Kneel on “all fours” with knees under hips and arms straight under shoulders. Keep head straight with eyes focused on floor.

**Action:** Slowly and gently let trunk sag so that back is arched downwards. Lift face up towards ceiling. DO NOT force the movement. Then, slowly and gently round back up at the waist while lowering head towards floor. DO NOT shrug shoulders. **Hold each position for 10 seconds. Repeat 10 times.**



## SPINAL MOBILITY EXERCISE – STANDING EXTENSION

**Starting Position:** Stand straight.

**Action:** Reach for ceiling with hands going overhead. Stretch pushing hands upwards. Breathe in deeply, hold a few seconds, and breathe out. **Repeat 4-6 times.**



## RANGE OF MOTION EXERCISE – STANDING QUAD STRETCH

**Starting Position:** Stand straight. Place left hand against wall for support.

**Action:** Grasp right ankle with right hand and bring heel towards buttocks so that knee is facing straight down towards floor. Be careful not to swing leg out to the side. **Hold for 10 seconds. Repeat 4-6 times per leg.**



## RANGE OF MOTION EXERCISE – HIP FLEXOR LUNGE

**Starting Position:** Stand upright with feet together.

**Action:** Step forward with left foot. Keep back straight, lower right knee to the floor. Keep left knee centered over left foot making sure not to let it drift forward in front of toes. Reach with right hand slightly forward and up over head to the left. Use a chair or wall for support if necessary. **Hold for 8-10 seconds. Repeat 4-6 times per leg.**



## RANGE OF MOTION EXERCISE – STANDING HAMSTRING STRETCH

**Starting Position:** Place one heel on a step or stool

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## CORE STABILITY EXERCISE – WALL SQUAT

**Starting Position:** Stand against wall with feet shoulder-width apart and slightly in front. Ensure buttocks, back, and head are touching the wall. Tighten abdominal muscles (as if about to be punched in the stomach). **Action:** Slide back down into a squat position. DO NOT let knees go forward in front of feet. Goal: hips and knees at 90 degrees. **Hold 8-10 seconds and repeat 8-10 times, 2-3 times per day.**



## CORE STABILITY EXERCISE – BRIDGE

**Starting Position:** Lie on the floor with hips and knees bent. Tighten abdominal muscles (as if about to be punched in the stomach). **Action:** Squeeze buttocks together. While holding, lift buttocks off the floor. **Hold 8-10 seconds, and repeat 8-10 times, 2-3 times per day.**



## CORE STABILITY EXERCISE – ABDOMINAL CRUNCH

**Starting Position:** Lie on back, with one leg straight and one bent. Place a small rolled up towel under the small of back for support. Fold arms across chest or place behind head. Gaze at a spot on the ceiling throughout the exercise. **Action:** Tighten abdominal muscles (as if about to be punched in the stomach). Keeping back and neck “locked together,” lift through breast bone to raise off the floor 3-4 inches. **Hold 8-10 seconds, repeat 8-10 times, 2-3 times per day.**



## CORE STABILITY EXERCISE – SIDE BRIDGE

**Starting Position:** Relax on forearm and hips with knees bent. Ensure elbow is squarely under shoulder. **Action:** Tighten abdominal muscles (as if about to be punched in the stomach). Straighten spine. Hinge hips forward and up so that knees, hips, and shoulders are in line. **Hold 8-10 seconds, Repeat 8-10 times per side, 2-3 times per day.**



## CORE STABILITY EXERCISE – BIRDDOG

**Starting Position:** Kneel on “all fours” with hands under shoulders and knees under hips. Push off from floor until the head glides up. Tighten abdominal muscles. Make sure shoulder blades do not stick out, you are not sagging in the middle, and that you are not tipping from side to side. Make sure hips and shoulders remain square to the floor at all times. **Action:** Hold 10 seconds. Repeat with other arm. Raise one hip and bring leg back behind and push back with foot. **Hold 7-8 seconds. Repeat with other leg. Breathe normally. Perform 8-10 times per side, 2-3 times per day.**

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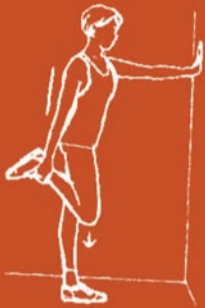


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