

WORKINGwell FOR LIFE

A complimentary newsletter from WorkingWell Solutions of Sheboygan

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TIP OF THE MONTH

As with anything you lift, carry your child close to you to reduce back strain.

Workingwell Solutions is a Sheboygan-based company offering a variety of job-site programs to assist with injury prevention and loss control. These services are designed to reduce worker's compensation costs and employee absenteeism while improving overall health, productivity, and job satisfaction. Our programs are customized to meet the individual needs of each company we serve. We look forward to working well with you.

It's Tough (On Your Body) Being A Parent

Everyone would agree – it's challenging to be a parent! But we don't often consider how hard it is on our bodies. And with people nowadays starting families later in life, they are less prepared for the physical aspects of parenting.

People tend to be less flexible in their 30's and early 40's. Immediately after delivery, a woman's joints are more prone to injury because hormonal changes cause tendons and ligaments to be more lax. For men, the greatest incidence of back injury occurs between the ages of 30-50. Add to this the fact that when children are small, there is a lot to haul! Car seats and baby carriers can add up to 10 pounds – plus the weight of the child – and cause additional stress on joints. Lifting, diapering, even carrying a child on the hip can create additional stress. Here are some suggestions to prevent pain and injury.

- Avoid carrying a child while bending down (increases strain on the back).
- Get as close to the car seat as possible when putting a child in.
- Change diapers on a changing table or surface at waist height whenever possible.
- Remove a child from the tub by putting one knee on the tub rail, wrapping a towel around the child (makes holding the child easier), positioning the child close to you, and removing the child.
- Wash infants in the sink rather than the tub. Sink height is ideal for washing and removing the baby.
- Always lower the crib rail before putting a child in or taking the child out.
- Bend your knees and keep your back straight every time you pick your child up from the floor.
- Use a toy scooter or a bike with a push bar to push the child at waist height.
- Place a pillow behind your back and sit against a wall or piece of furniture for support when playing on the floor.
- Spend some time lying on your stomach when you play with your child. It reverses the position that your low back is typically in.
- Don't forget to make time to exercise. People who participate in a regular exercise program have a lower incidence of back pain. It can be as simple as taking walks with your child in a stroller.

STAT OF THE MONTH

Back pain is the most frequent cause of activity limitation in people younger than 45 years old.