



# STALL STREET JOURNAL

College of Engineering Office of Safety

SAFETY STARTS WITH YOU

November 2021

If you have ideas for the Stall Street Journal, contact: [coesafety@engr.wisc.edu](mailto:coesafety@engr.wisc.edu)

## Avoiding Common Injuries

Minor injuries can occur whether you are engaging in exercise outside or in the gym. They can occur while you are in your apartment, office, or laboratory. Despite our efforts, minor injuries which may not require a visit to a medical professional are all too common. This semester, the SSJ is going to focus on how you can stay safer no matter where you are.



## Back Pain

is often caused by an accident, fall, or lifting something that's too heavy. Acute back pain usually gets better on its own, without any treatment. But there may be times when you need to get medical care.

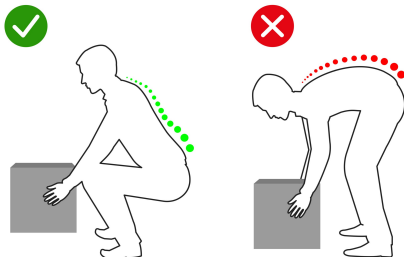
Call your doctor if your back pain hasn't improved after a week of home treatment or if your back pain:

- Is constant or intense, especially at night or when you lie down
- Spreads down one or both legs, especially if the pain extends below your knee
- Causes weakness, numbness or tingling in one or both legs
- Occurs with unintended weight loss
- Occurs with swelling or redness on your back

One of the best ways to prevent back pain is to keep your back muscles strong. Follow these tips to help protect your back and prevent back pain.

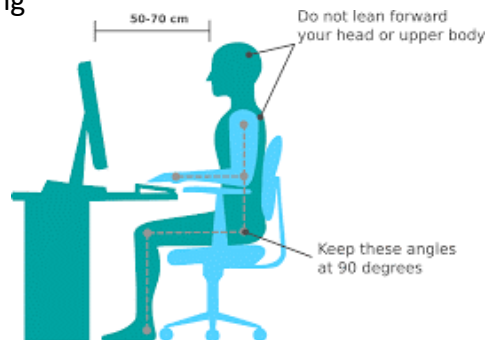


Do back-strengthening and stretching exercises at least 2 days a week.



If you lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work.

Stand and sit up straight. A good posture will help keep your back aligned properly



Eat healthy and be active. Getting regular physical activity and choosing healthy foods can help you stay healthy and keep your back in good condition.