

Back Safety: Turning

Protect your back while you stand or turn. Turning can twist your spine if you don't do it correctly. Keep these tips in mind as you move.



Step 1

- To turn, move your feet instead of twisting your body at the waist.
- Turn your hips and shoulders together.

Step 2

- Take short steps around.
- Try pivoting on the heel closest to where you're headed.

Step 3

- Step forward out of the turn.
- Keep your knees relaxed and your stomach muscles tightened.