

Dont Take Back Problems Sitting Down Infographic

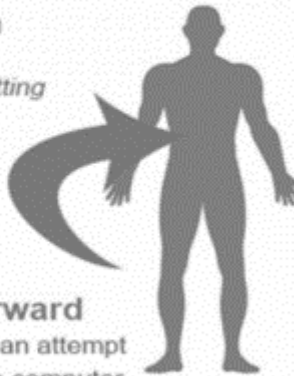


Back Pain Facts

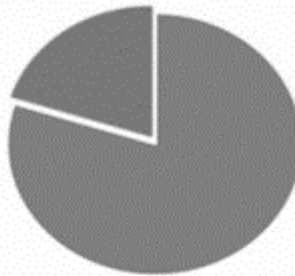
Back pain is one of the **most common work-related injuries** and is often caused by ordinary work activities such as sitting in an office chair, or lifting heavy items.



Leaning forward **30 degrees** in an attempt to get closer to the computer screen **puts 3 to 4 times** more strain on the back.



Experts estimate that **80%** of the population will **experience back pain throughout their lifetime.**



According to the NIH, a **lumbar support cushion properly placed behind the small of the back** can help to accentuate lumbar support.

At least **50%** of working Americans **admit to having back pain symptoms annually.**



Source: <https://visual.ly/community/Infographics/business/back-pain-facts>