

# Back Connection: Back Health Videos



The way you sit, stand, sleep and recreate can factor into your back health. Watch the amusing videos below to learn more.

## **Back Basics**

## **Awareness Training**

## **Lifting**

## **Movement**

## **Sitting**

## **Standing**

## **Problem Solving**

## **Risk Factor Identification**

(Source: <https://www.safeworkca.com/videos/back-connection/>)