## 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.safeatworkca.com/videos/back-connection/)