



“I’m going to keep a SafeSpine!!”



SafeSpine™
Slideshow
Sample

In this presentation on SafeSpine™, we consider:

The concept
of a
SafeSpine



Soft Tissue
Creep



Core
Stability



Mobility
and
Flexibility



Conditioning



Office
Applications



Travel
Applications



Home
Applications





Onsite Health Solutions developed the concept of a SafeSpine™, which is protected by copyright and trademark





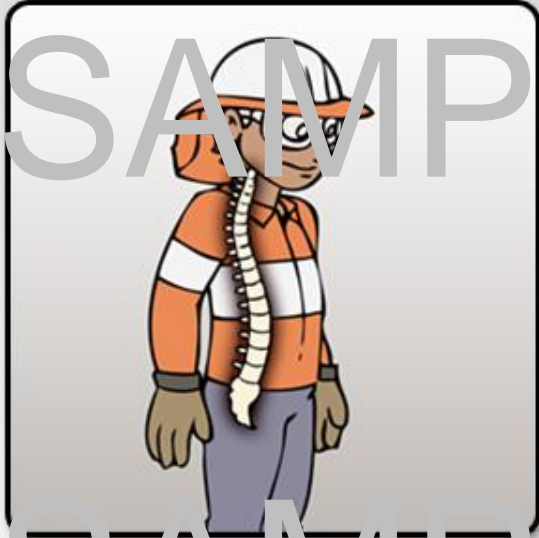
In this sample, we show the contents of the chapter which introduces the concept of a SafeSpine

We explain that a "SafeSpine" is when the spine follows its natural curves

Then we show you what a SafeSpine looks like when we do various manual tasks

SafeSpine™

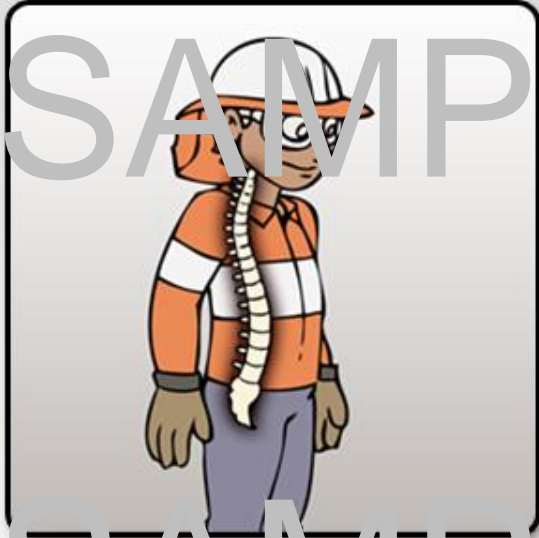
A SafeSpine is when the spine follows its natural curves (an S-Curve) and is at its safest and strongest, like this:



When standing

SafeSpine™

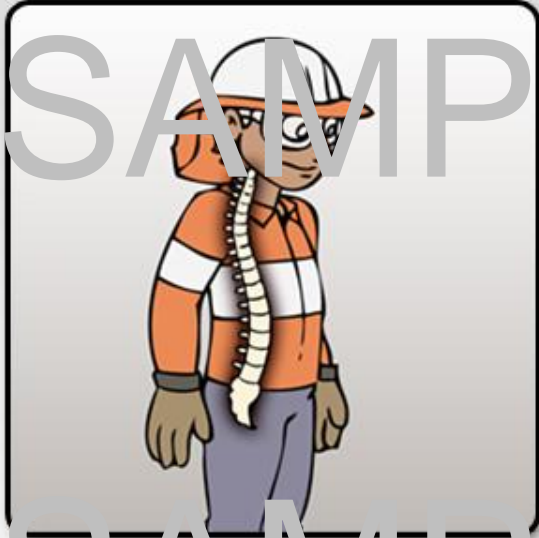
A SafeSpine is when the spine follows its natural curves (an S-Curve) and is at its safest and strongest, like this:



When lifting

SafeSpine™

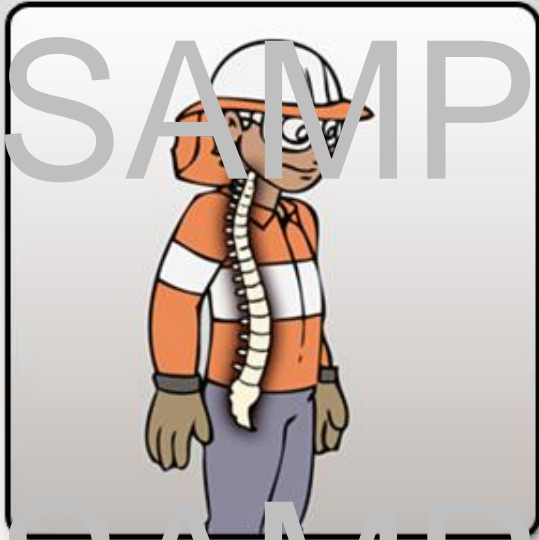
A SafeSpine is when the spine follows its natural curves (an S-Curve) and is at its safest and strongest, like this:



When driving

SafeSpine™

A SafeSpine is when the spine follows its natural curves (an S-Curve) and is at its safest and strongest, like this:



In the SafeSpine position, soft tissues provide optimum support and any loads carried are distributed evenly



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Onsite Health Solutions

SafeSpine™:

- A SafeSpine looks like this when we are sitting at a desk



© Experteyes
Onsite Health Solutions

SafeSpine™:

- A SafeSpine looks like this when we are sitting at a desk
- Not like this!



© Experteyes
Onsite Health Solutions

SafeSpine™:

- A SafeSpine looks like this when we are sitting at a desk
- Not like this!

Have you ever developed a sore back from slouching?



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When Lifting you can keep a SafeSpine™ if you:

- Keep a wide base of support
- Stick your backside out as though squatting
- Look up to maintain the SafeSpine shape
- Keep the object close to your body



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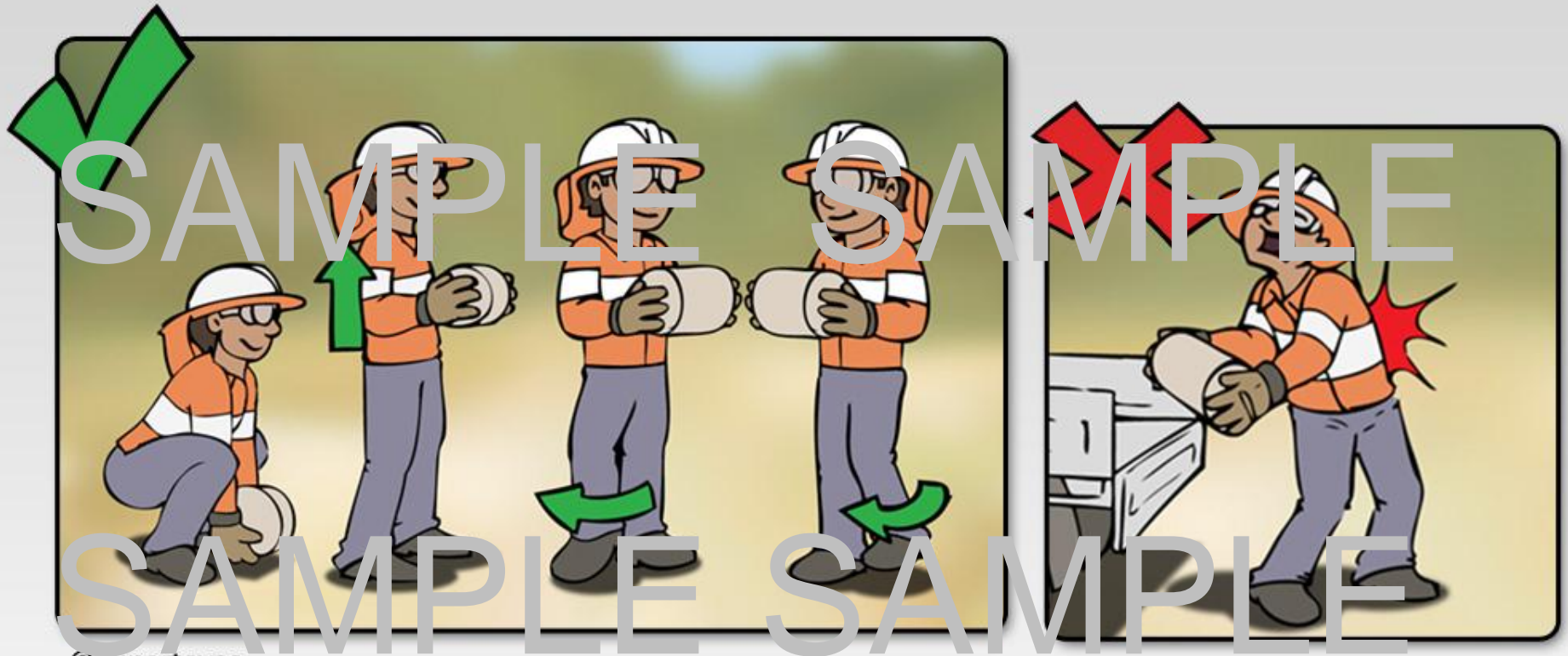
A SafeSpine doesn't look like this!



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When you need to lift and turn:

- Face the load and lift, maintaining a SafeSpine
- Turn after you've lifted
- Use your feet to turn



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When you need to lift and turn:

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Do NOT twist your body as you lift!!