

# Ossie's Back Pain Farmworker Health and Safety Stories





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What did the doctor say?

The doctor said I may have lifted or carried something wrong.





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The doctor said I  
need to lift with my  
legs not my back.



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- Keep objects close to your body.
- Keep your elbows and arms close to your sides.
- To change direction, move your feet first then your upper body.
- Do not twist your waist.





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The doctor said to stretch before work, like a soccer player before the big game.

Do each stretch 2 times and count to 10.



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The doctor also said I can get rid of some pain I already have.





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- Lie down and rest.
- Put a blanket under your knees to relax your back.
- Try to rest one full day.
- If you have to work, rest on your breaks, at lunch, before work, and after work.





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- Take aspirin or ibuprofen with food or water.
- Follow the instructions on the bottle!
- If your stomach feels upset, hurts or you feel worse you must see a doctor!





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If you have swelling, the day after you hurt yourself, put ice in a cloth and put it on your back every 2 hours for 20 minutes.

If you are working, use ice in the morning, during breaks, and at night.

It will help decrease swelling.



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If you have cramps, the day after, use heat every 2 hours for 20 minutes.

If you are working, use heat in the morning, during breaks, and at night.

