

# Steps to Help Protect Your Back



**1**

**Establish a firm footing**



**2**

**Bend your knees**



**3**

**Tighten your stomach muscles**



**4**

**Lift with your legs**



**5**

**Keep load close to your body**



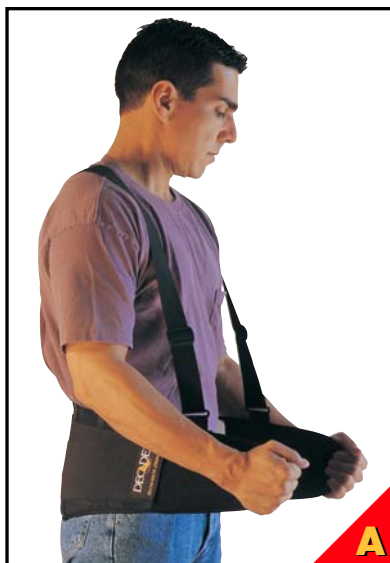
**6**

**Keep your back upright**

## How your Decade® back support protects you:

Worn snugly, low on the hips, your Decade® back support will provide protection from injuries caused by sudden loading of the spine during unplanned events (accidents).

Lab tests\* show Decade back supports to be significantly effective in preventing accidental back injuries – one third of all non-lifting-induced back injuries.



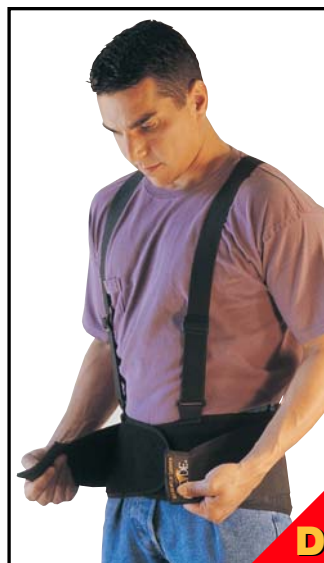
**A**



**B**



**C**



**D**



**E**



**F**

**Wear your back support properly!**

A) With support in place, pull primary panels as far forward as you can, securing the left panel over right panel. The support must be low on the hips, 1" - 2" below the navel.

B) Adjust the shoulder straps just so they don't hang loosely when you bend slightly. If over-tightened, they will pull the support up out of place.

C) The support should be low on the hips and worn throughout the workday to help prevent injury from unexpected loading, i.e. slips, trips and falls.

D) Pull both cinch strap ends evenly toward the front. This conforms the orthopedic boning stays to the lower back for maximum support.

E) For most of your workday, the cinch straps can be kept in the 'normal' position, with the cinch ends meeting in the middle of the support.

F) When you know footing may be unstable or when lifting heavier or awkward loads, pull the cinch ends so they overlap, hooking one end over the other. This is the Triple Lock.

**DECADE**  
RESEARCH DRIVEN

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\*Call for test results, or to receive our free booklet *Overview of Recent Back Support Studies*