

How-To Series

**Decade® Back Supports**  
**HOW TO WEAR A BACK SUPPORT**

Wear the support over one layer of clothing—a shirt or t-shirt—but not over a bulky vest or jacket.

Put the support on like a vest. The rubber stitched vinyl strips that cover the stays go on the inside. These help hold the support in the correct place.

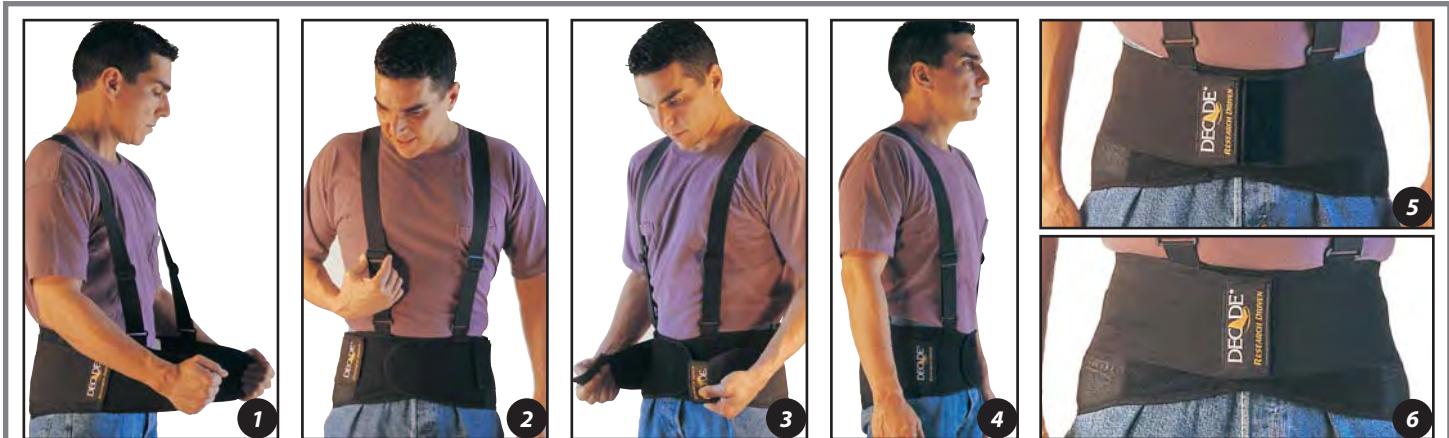
Wear the support LOW on the hips, between the navel and tailbone, over the lumbar vertebrae.

Adjust the shoulder straps so the uncinched support hangs at the proper level. If too short, the straps cause the support to slide up on the body. Straps should hang close to the body, so they won't become tangled in equipment.

Pull both sides of the primary belt around the body and pull the right side past the center. Bring the left side over it in a snug fit.

Pull the ends of the cinch straps evenly toward the front of your body so the ends meet in the middle of the support. This is considered the normal position.

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 feature, available on many of our back support styles.



**How to Properly Wear a Back Support:**

- 1) Wear support in the proper, LOW position on the back. 2) Adjust for fit and safety. 3,4,5) Cinch for support. 6) Triple Lock (select support styles) for additional support when lifting or working in areas with uneven walking surfaces.



**How to Lift Safely:**

- 1) Establish a firm footing. 2) Bend your knees. 3) Tighten your stomach muscles. 4) Lift with your legs. 5) Keep the load close to your body. 6) Keep your back upright.

**Posters available:**

A combination poster on How to Wear and How to Lift Safely is available in English and Spanish.

Contact us to get yours! [customer@chaseergo.com](mailto:customer@chaseergo.com)

Get our booklet (PDF file) [Overview of Recent Back Support Studies](#)

