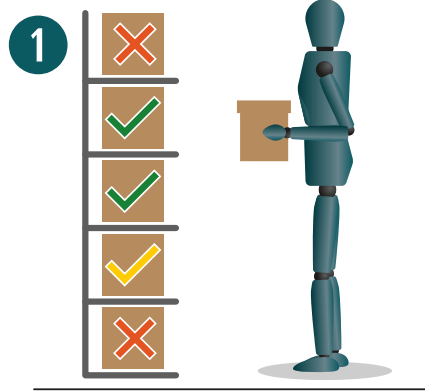


BACK. SHOULDERS. NECK. HANDS.

Happy and Healthy at Work



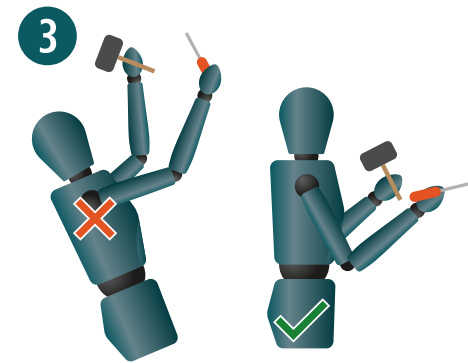
Store it off the floor

- Store heavy objects between knee and shoulder level. Waist level is best.
- Store items off the floor to minimize bending.
- Use tables, benches or stands to get work off the floor.
- Use carts or equipment to move heavy items.



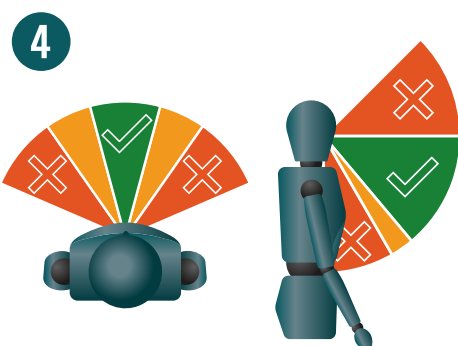
Keep it close

- Perform tasks close to your body.
- Avoid leaning and stretching forward to reduce stress on your lower back.
- Avoid side reaches that twist the spine.
- Your smart workstation: keep common tasks close; less common tasks out of the way.



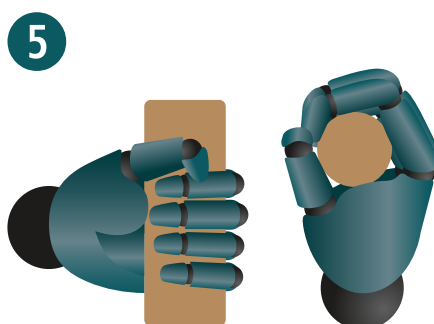
Hands below head

- Use a stool, platform, ladder or hoist so work is below head/shoulder height.
- Choose lighter tools and materials for overhead work.
- Use a bit extender for drills/screw guns.
- Find other tools/assists to limit overhead work.



Look straight ahead

- Position your work and equipment to keep your gaze straight ahead.
- Position your work below eye level to align your vision with the task.
- Arrange your workspace so common items are centred to your body.
- Remember to give your neck a break.



Get a (good) grip

- High force work: power grip (full hand). Low force, precision work: pinch grip.
- Choose a tool and grip that puts your wrist in a strong, natural posture.
- Choosing tools: good shape for the task, fits your hand, edges don't dig in.
- Power tools with low vibration and no kickback are best.



Change it up

- Include micro breaks in your tasks for body recovery and fatigue prevention.
- Fatigue can occur during long duration efforts and repetitive tasks.
- Rotate different tasks to provide working rests.
- Tasks that have MSD hazards and little recovery time have a high priority for change.

Identify and control workplace hazards. **Work shouldn't hurt!**

