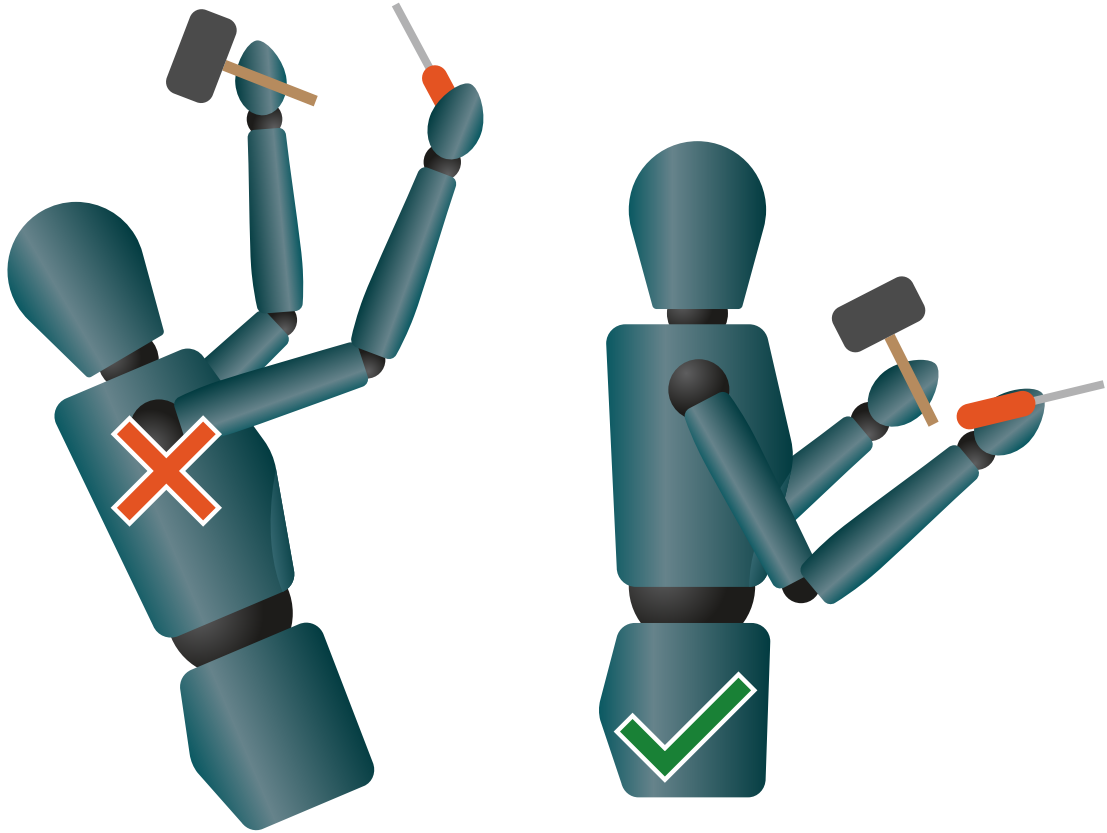


3



Hands below head

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



Hands below head

Ideas for healthy shoulders and neck

Use these ideas to improve tasks at work and at home.

- Stand on a raised surface or platform to reduce the actual working height. This will help your shoulders and neck.
NOTE: Ensure platforms are properly designed and appropriate safety precautions are used
- Some tools can use extensions to do the reaching for you.
- Ladders should only be used for occasional, short tasks, not for long periods of above shoulder work.
- Use temporary clamps or fasteners to hold objects in place, which will allow you to use both arms for your work.
- Use light-weight tools to reduce the overall load on your shoulders.
- If a job requires long periods of overhead work, it should be evaluated for possible controls to support the arms.

- Changing activities and building rest periods into the job allow the body to recover: See poster 6.

Did you know?

- Working with hands above shoulder height (overhead) can quickly fatigue your shoulder muscles and lead to discomfort and injury.
- Holding a tool or object when working overhead makes the shoulders fatigue even faster.
- Your arms have shorter endurance, less accuracy, and decreased productivity when working overhead.
- If you have to look up when working overhead, it can quickly fatigue your neck and upper back.

Improve your workplace

- Keep asking yourself and others, "Why does the job require working overhead?" until you understand the problem.

What are we going to do today to keep our necks and shoulders healthy if the work is overhead?

1

2

3

Whatever changes you make, check that you are not creating any new problems.