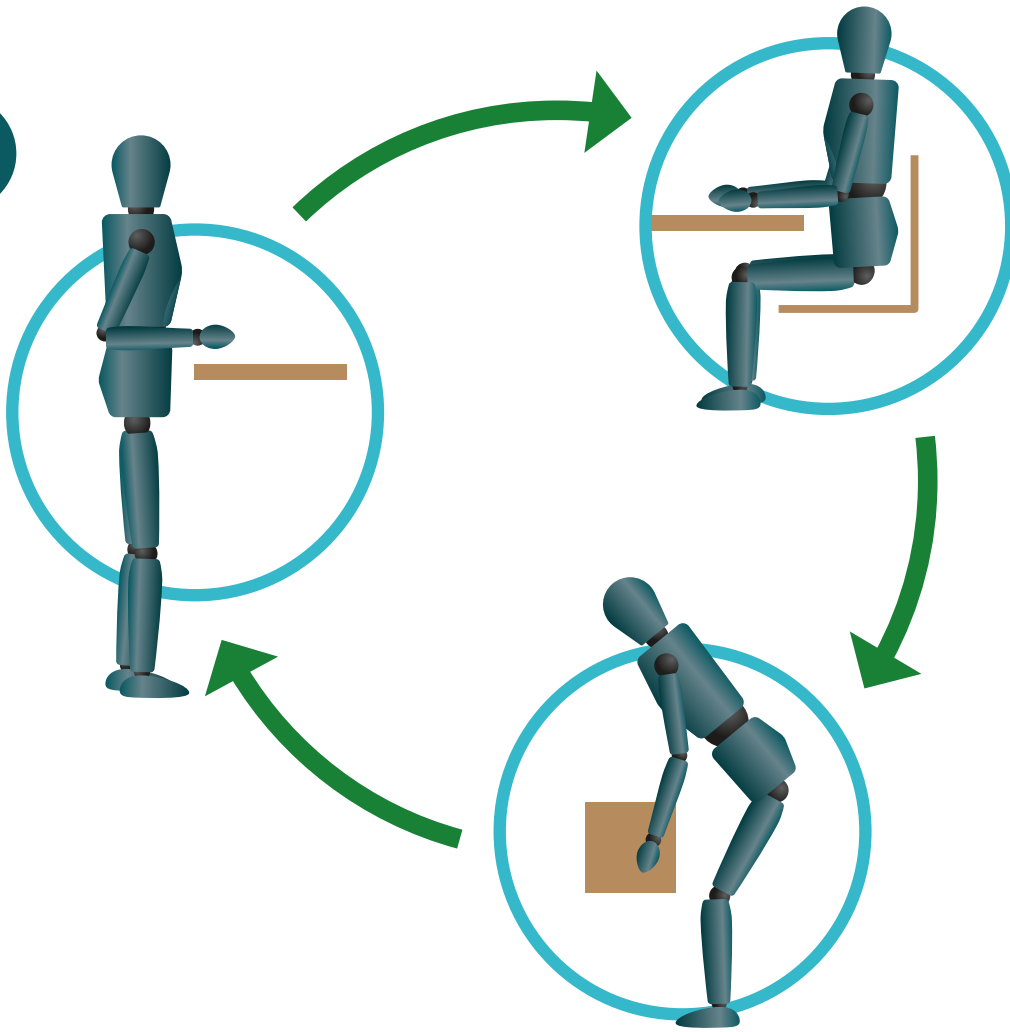


6



## Change it up

- Include micro breaks in your tasks for recovery and fatigue prevention.
- Your body benefits from movement! Keep moving and changing your position throughout the day.
- Rotate through different tasks to provide working rests.
- Tasks that have little recovery time should be highly prioritized for change.



# Change it up

## Ideas for a healthy body

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

- Design work to include micro breaks and different activities that allow the body to recover (working rests).
- Even a light task, like using a computer mouse, needs recovery time built into the task.
- Organize your day to include a range of different tasks. Switch between tasks that use different parts of the body.
- Organize work so workers have the flexibility to vary their activities, allowing for recovery when they need it.
- Rotate your workers between tasks on a regular basis without exposing them to tasks with high MSD hazards.
- Job rotation should not be the only control for MSD hazards. Work to eliminate or reduce the hazards themselves.

## Did you know?

- Repeated or continuous work with little chance for the body to recover can lead to fatigue and discomfort.
- Repetitive work or holding one position for a long period of time can reduce recovery. Well-organized work can let one part of your body recover while another part performs a different task.
- Recovery times or pauses may not be built into the production rate or pace of work.
- Changing activities and building rest periods into the job allow the body to recover.

## Improve your workplace

- Keep asking yourself and others, “Why does the job not have recovery time built in?” until you understand the problem.

**What are we going to do today to improve recovery time for our bodies?**

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