1. 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.

2. 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.

3. 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.

4. 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.

5. Get a (good) 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.

6. 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!