



Reduce Strains – Work Smarter, Not Harder!

From conducting many of our daily activities involving lifting, pushing/pulling, bending, and twisting can raise the risk of experiencing a strain. Let's avoid this risk by working smarter and not harder. Here are some ways we can accomplish this.

Consider the following:



- Set up your workstation to minimize excessive reaching and awkward postures.
- Make deposits into your "health" account by exercising and getting enough rest.
- Test the weight of the item before you lift.
- The safest lift is between your knees and middle of your chest.
- Store heavy items at waist level.
- Engineer out the lifting by using material handling aids (dolly's, carts, etc.).
- Our goal should be to maintain our health and wellness, whether at work or at home.

Please don't become a statistic!

