

# Move Well Work Well

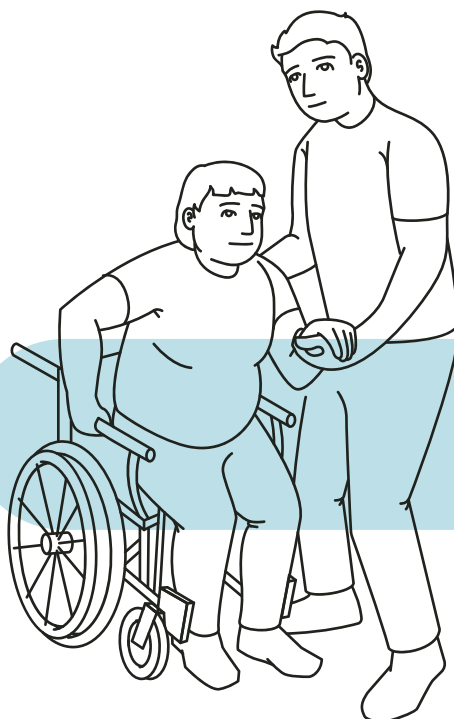
*Let's prevent  
shoulder injuries*

**Avoid overreaching**  
(working with elbows  
away from body).

## HOW?

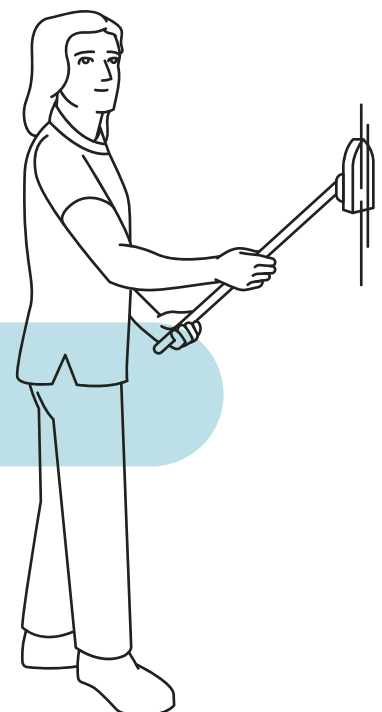
### QUICK TIP

**Get closer to object or  
person. Keep elbows  
close to your body.**



### QUICK TIP

**Use long-handled tools for overhead,  
low-level and far-from-the-body work.**



Stay strong. Stay safe.

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**MSI prevention**

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