

# Move Well Work Well

*Let's prevent back injuries*

## When lifting and moving objects:

Avoid bending your back. **Bend your hips and knees** instead. Hips should bend first. Think *squat back*.

### QUICK TIP

- ✓ Wide stance
- ✓ Object between knees
- ✓ Heels on floor
- ✓ Firm core
- ✓ Back straight
- ✓ Elbows close



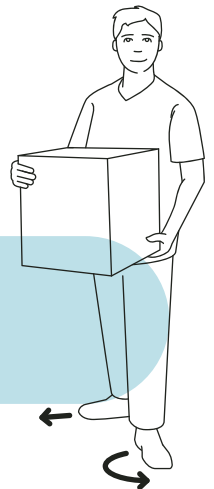
Lower self  
to object



Starting  
position  
of lift

### QUICK TIP

**Avoid twisting your back.** To change direction, keep nose between toes by pivoting your feet, pointing one foot in the desired direction and following with the other foot.



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# Move Well Work Well

*Let's prevent  
shoulder injuries*

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

## QUICK TIP

**HOW?**

**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.

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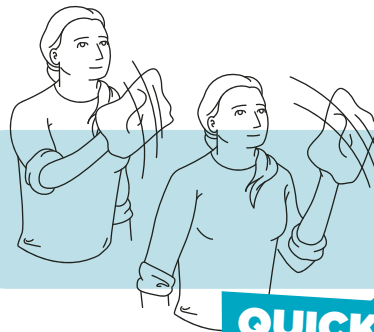


# Move Well Work Well

*Let's prevent  
wrist injuries*

**Give your hands and wrists  
regular breaks to avoid a strain.**

**HOW?**

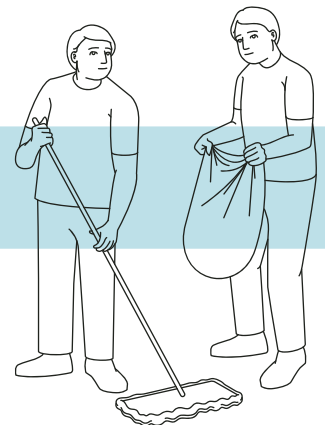


Avoid holding tools  
for extended periods.  
**Switch hands.**

**QUICK TIP**

Frequently **alternate between  
tasks** so tired muscles can rest.

**QUICK TIP**



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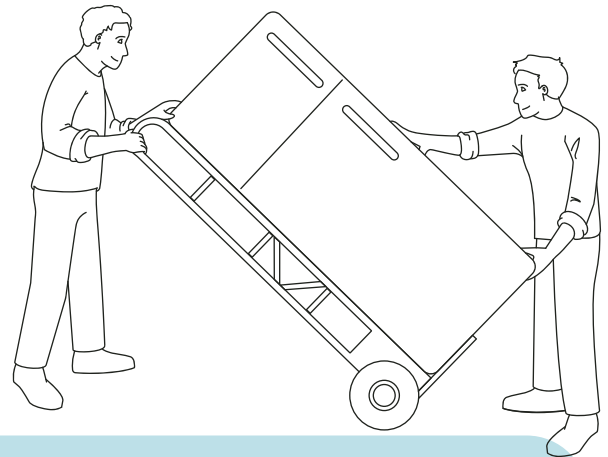
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# Move Well Work Well

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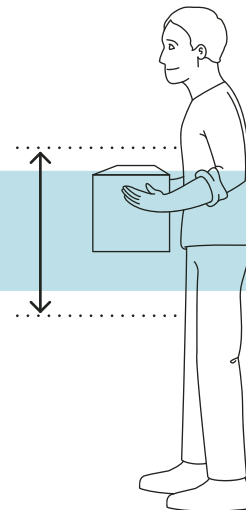


## QUICK TIP

Can you reduce the weight of the load? If not, use an **assistive device**, get help or both.

## QUICK TIP

Store heavier objects at or near **waist height**.



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# Move Well Work Well

*Let's prevent knee injuries*

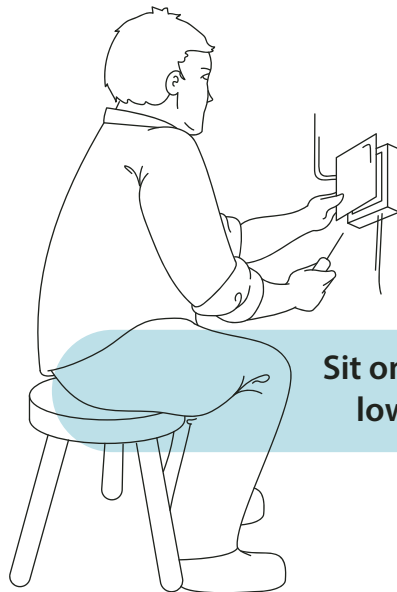
## QUICK TIP

Use **knee pads** when kneeling cannot be avoided.



## QUICK TIP

Sit on a **low stool or seat** when doing low-level work to avoid kneeling.



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