

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.

Stay strong. Stay safe.

Learn about
MSI prevention

SCAN FOR MORE
INFORMATION



t 1.800.563.9000 e safety@workplacenl.ca
workplacenl.ca/mwww

WorkplaceNL

Health | Safety | Compensation