

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



Lower self
to object



Starting
position
of lift

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

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.



Stay strong. Stay safe.

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Move Well Work Well

*Let's prevent
shoulder injuries*

Avoid overreaching
(working with elbows
away from body).

QUICK TIP

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

HOW?

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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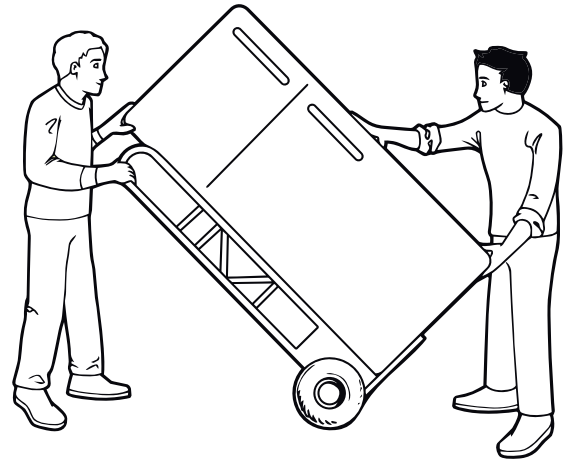
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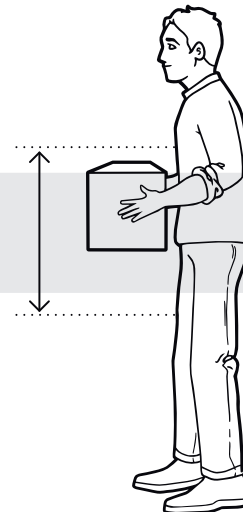


QUICK TIP

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

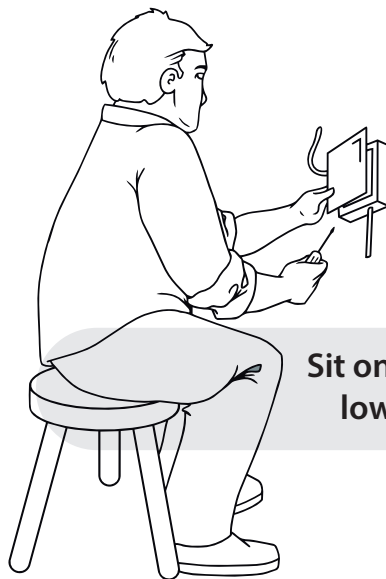
QUICK TIP

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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