

# Ergonomic Hit List

## A Visual Guide to Workplace Safety



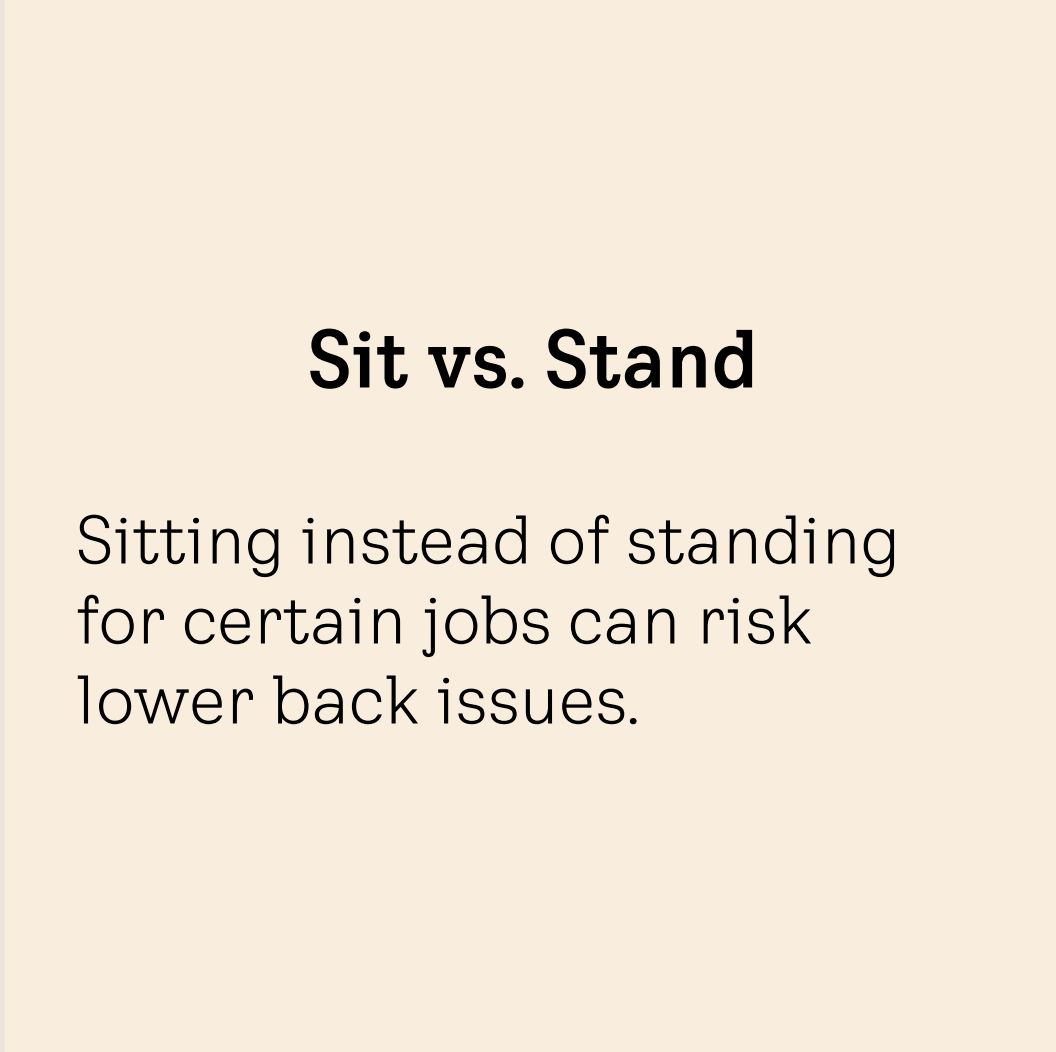
### Wash Rag

Bent wrists cause fatigue and increase injury risk. Keep wrists straight and use a power grip with the drill to prevent this.



### Twist and Shout

Twisting while moving large objects strains the back, arms, and core, risking injury. Avoid twisting; use lifting equipment to reduce strain and avoid injury.



### Sit vs. Stand

Sitting instead of standing for certain jobs can risk lower back issues.



### Shoulder Too High/Low

Extended arms away from the body during lifting increases shoulder and arm injury risk. Keep arms close to body for personal safety.



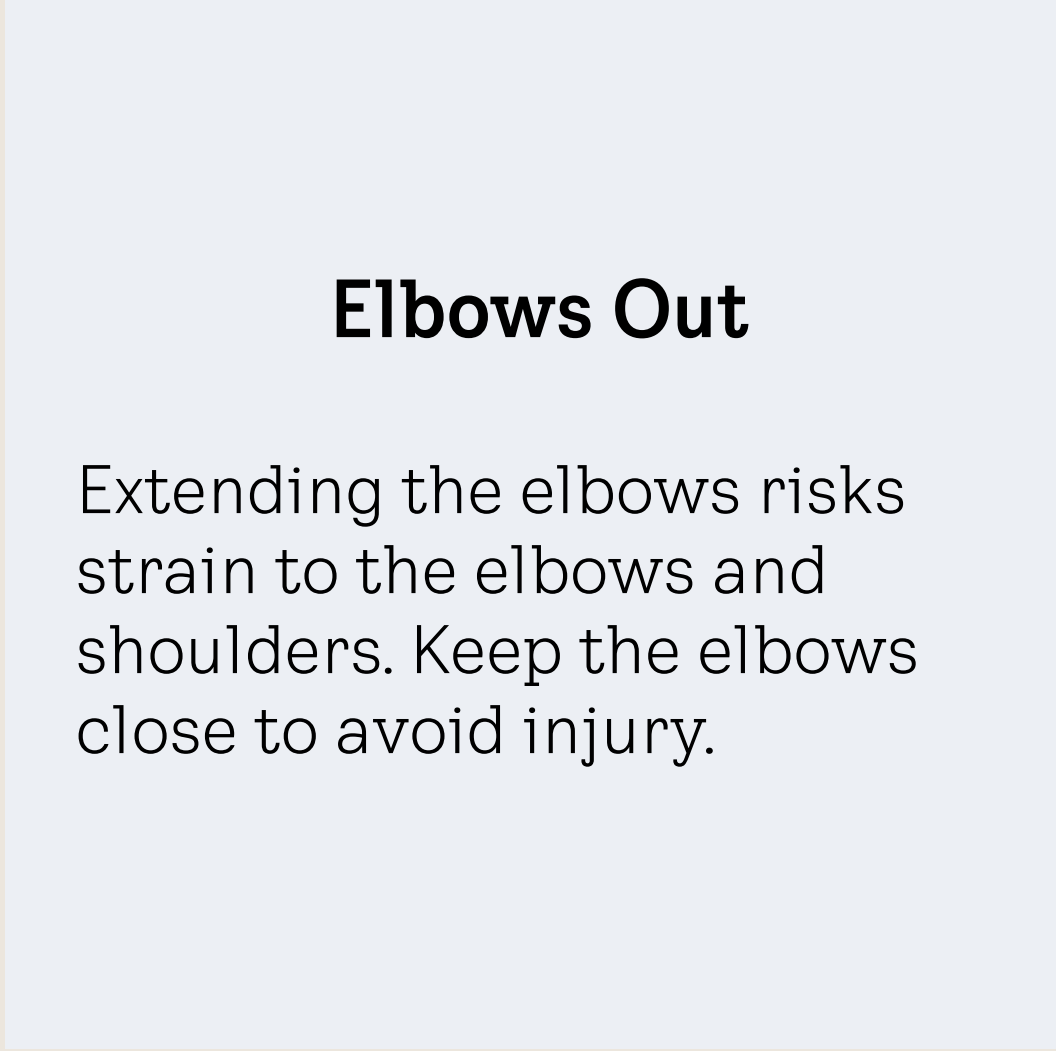
### Hungry Head

Bending the neck strains it, risking soreness and injury. Avoid neck bending; adjust working height or look at eye level.



### Horizontal Distance

Reaching out far can strain the lower back, arms, and core. To avoid reaching over obstacles; move items closer or reduce obstacles.



### Elbows Out

Extending the elbows risks strain to the elbows and shoulders. Keep the elbows close to avoid injury.



### Contact

Avoid contact with moving parts and rubbing against stationary parts or obstacles while you work to prevent core and lower back injuries. Minimize bending into any of the obstacles.



### Butts Up

Lift by bending the knees and squatting to prevent back and leg injuries. Avoid bending at the lower back.



### Bad Vibes

Improper equipment usage can cause vibration feedback, risking injuries to arms, legs, and core.