

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.

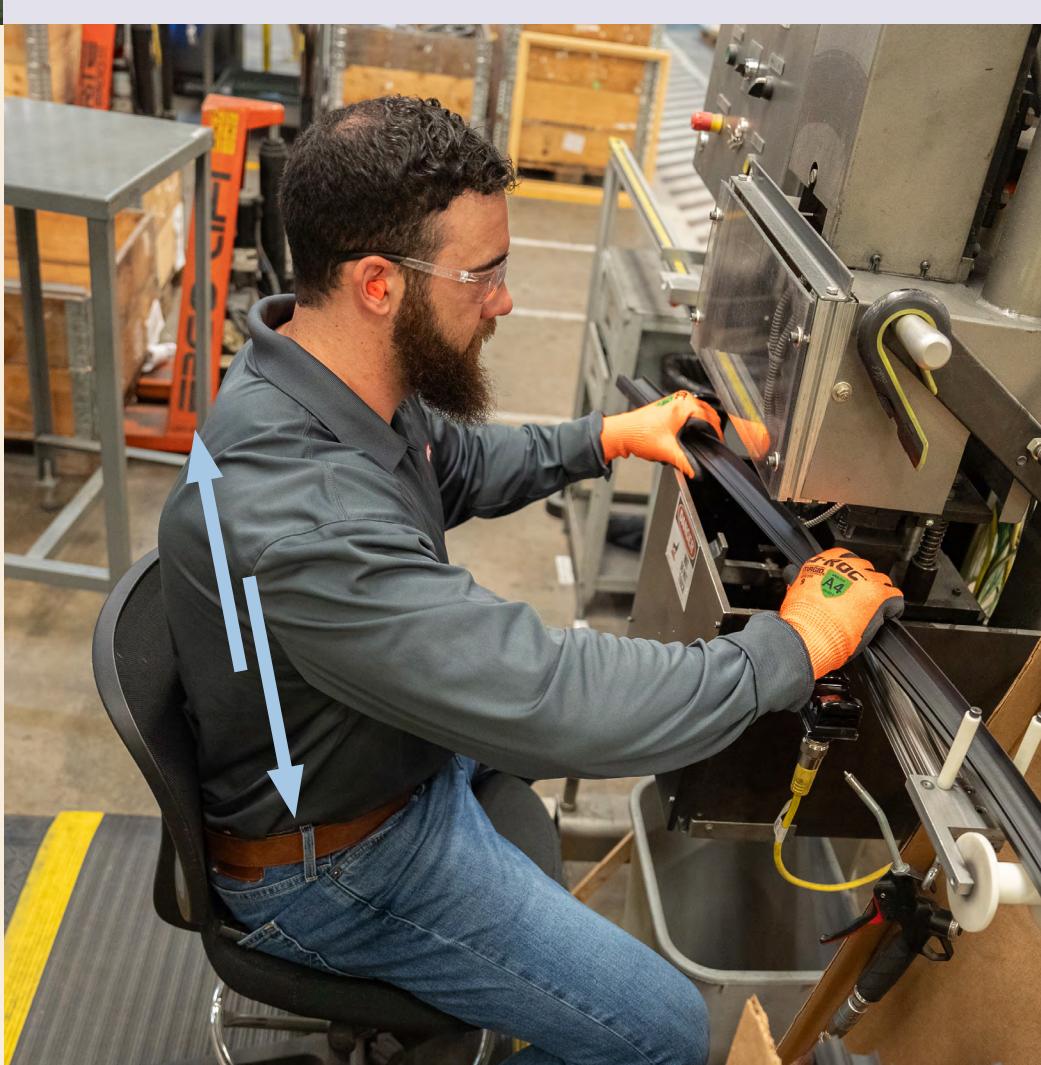


Twist and Shout

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

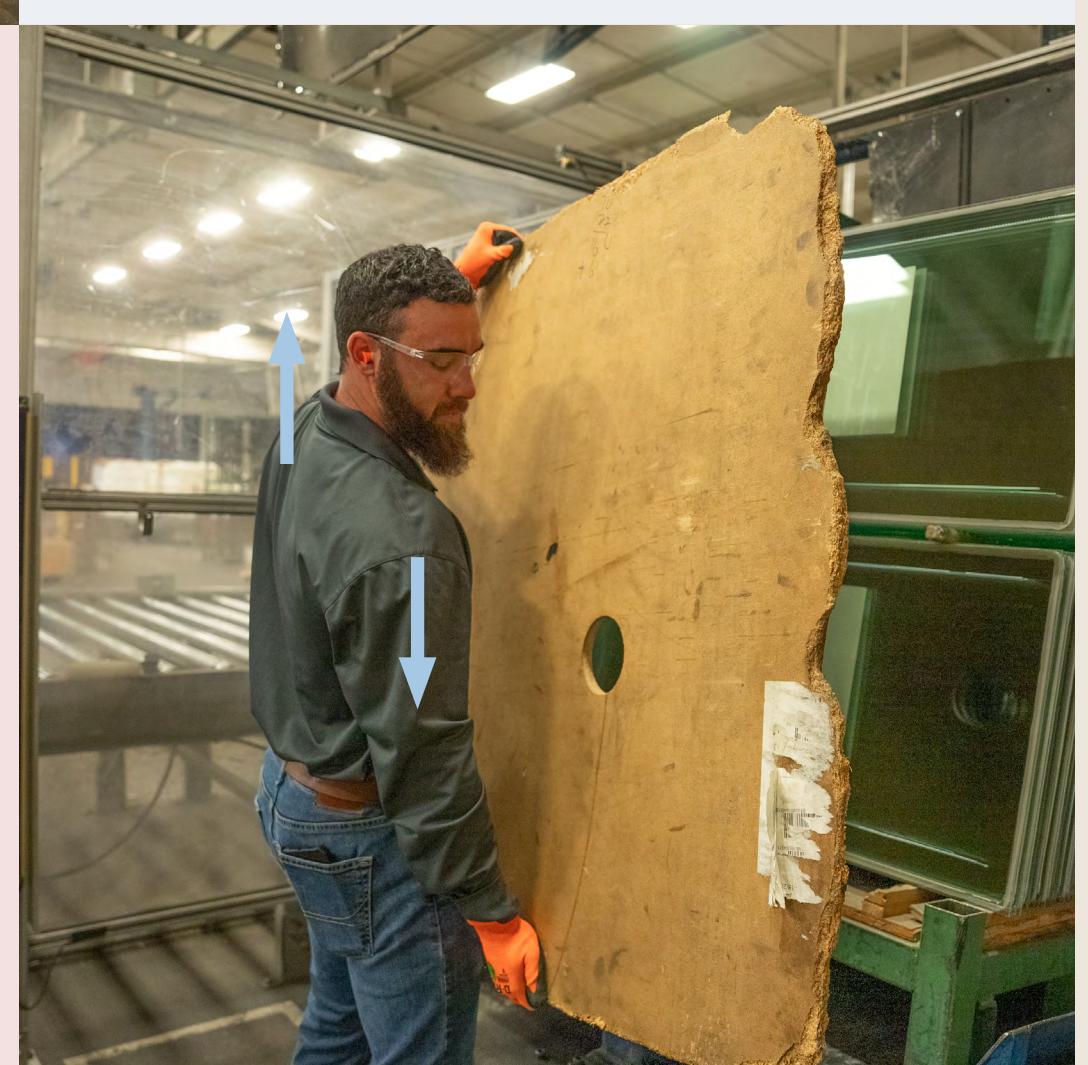
Sit vs. Stand

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



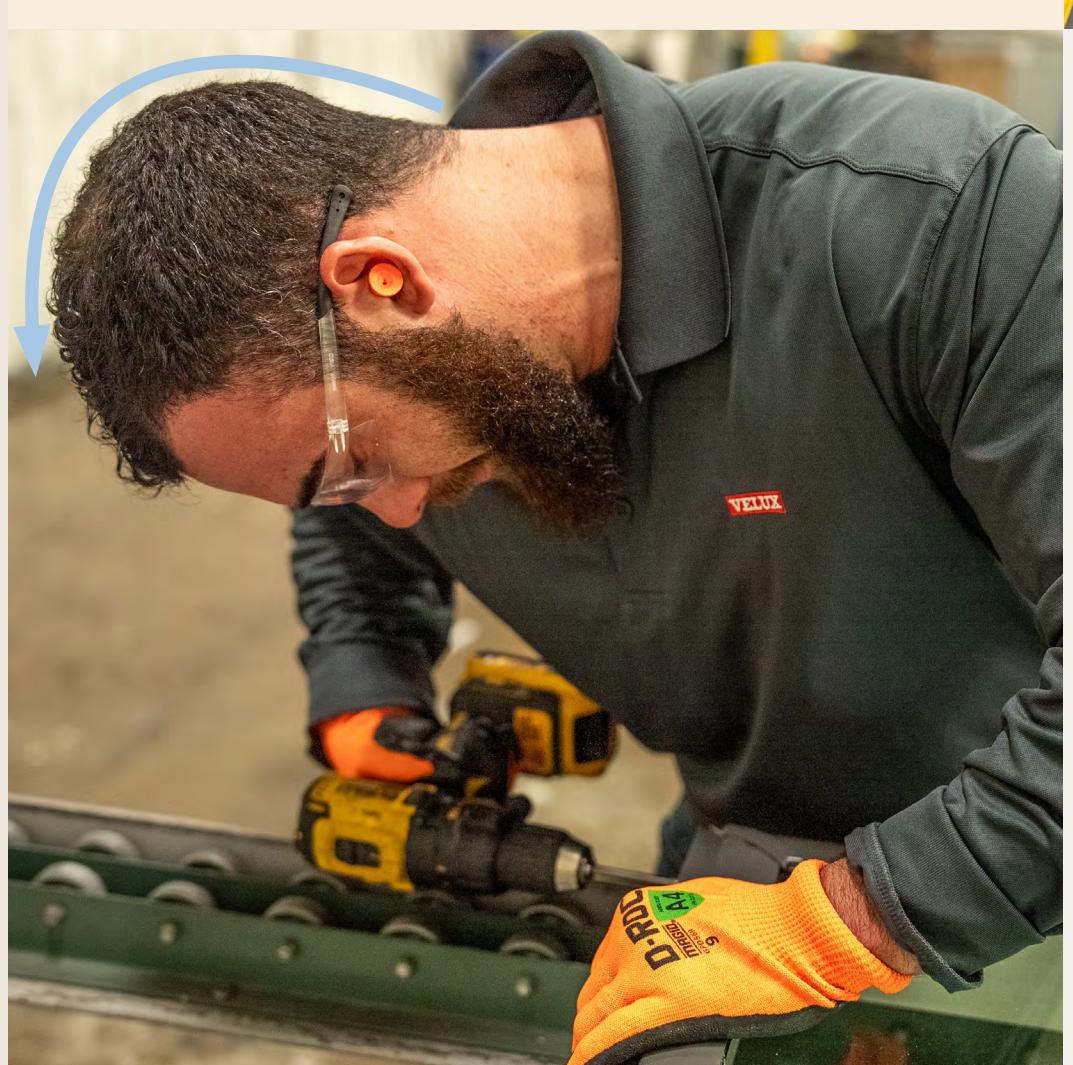
Shoulder Too High/Low

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



Horizontal Distance

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



Hungry Head

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



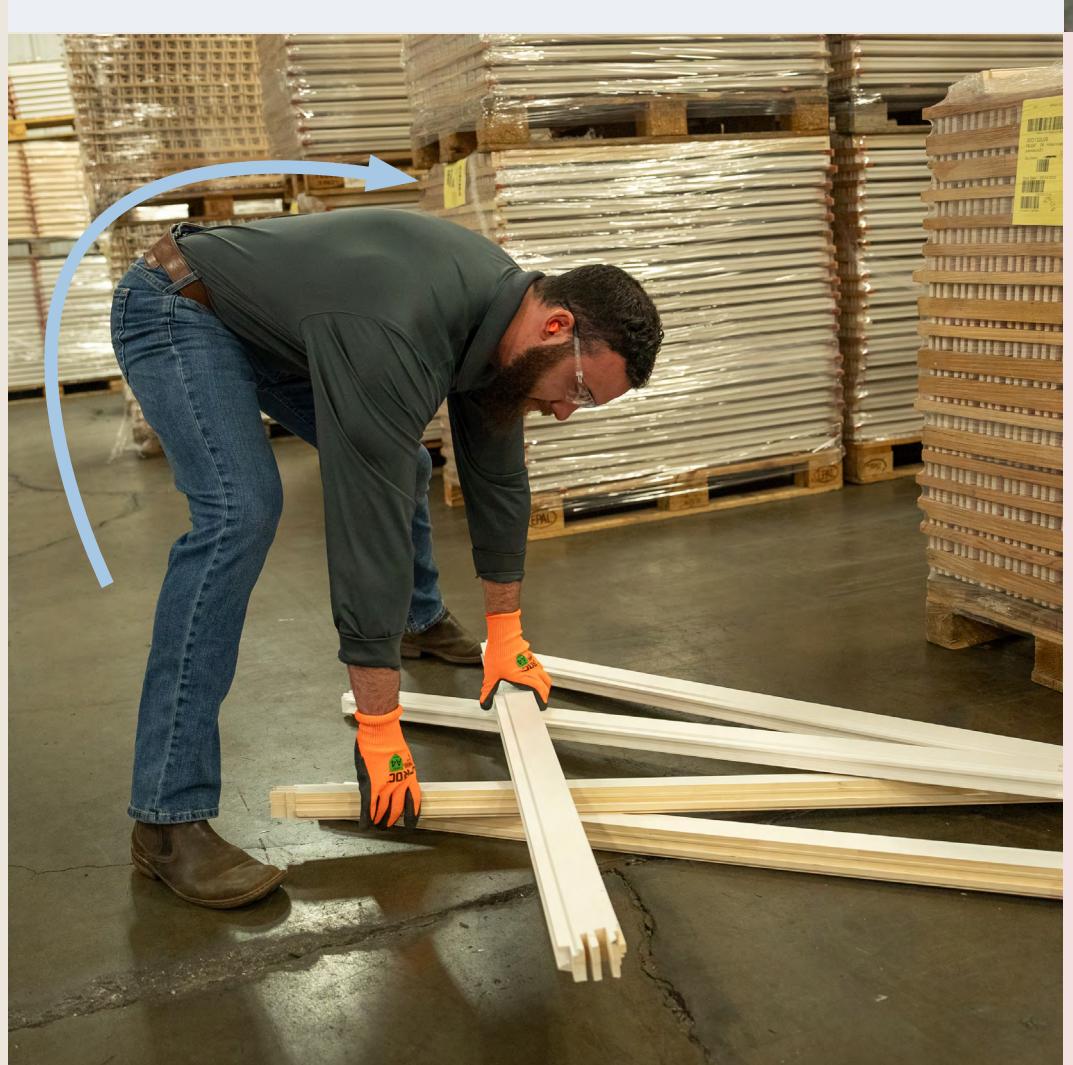
Contact

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.



Bad Vibes

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



Butts Up

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

