

AVOIDING ACHES & PAINS

WORKING SMARTER TO REDUCE INJURIES



Get help to carry heavy objects.



Squat to lift & keep back straight.



Make a "bridge" by supporting with free arm while lifting.



Use gloves with high grip friction surfaces for hand tools & lifting.



Stretch daily to increase flexibility & alertness.



Keep weight close to body.



DO NOT twist body when lifting or using force.



Poster developed by AMSEA, with special thanks to Omega Protein and their employees.



This material was produced under grant number SH-24939-13-60-F-2 from the Occupational Safety and Health Administration, U.S. Department of Labor. It does not necessarily reflect the views or policies of the U. S. Department of Labor, nor does mention of trade names, commercial products, or organizations imply endorsement by the U. S. Government. The U.S. Government does not warrant or assume any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, apparatus, product, or process disclosed.