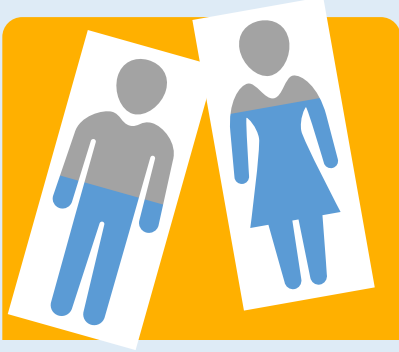


# ERGONOMICS

Make sure you don't fall out of the "Safety Zone".  
Watch for the following to prevent injuries.



## Awkward Postures

Muscles operate less efficiently and more force is needed to complete tasks.

**Sit up straight, move items into reach, correct your stance.**



## High Hand Force

Pinching and gripping heavy items risks serious hand, wrist, elbow and shoulder injuries.

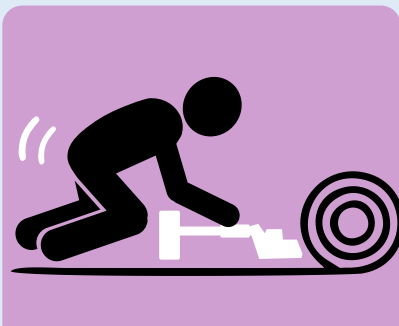
**Increase your leverage, use light-weight & suspended tools.**



## Repetitive Motion

Repeating motions with little or no variation can cause serious injury over time.

**Rotate jobs, change posture, reposition work, switch it up.**



## Repeated Impact

Frequently using hands or knees as a hammer results in bursitis, skin infections and other symptoms.

**Use correct tools, pads, and learn how to operate properly.**



## Awkward Lifting

Lifting injuries aren't just back injuries – shoulder, elbow, hand and wrist injuries are common.

**Before lifting, reduce reach, weight & use mechanical aids.**



## High Arm Vibration

Frequent exposure to tools with high vibration levels can lead to permanent problems.

**Pad tool handles, fit grip, keep it light and maintain equipment.**

Learn more at:  
[icwgroup.com/safety](http://icwgroup.com/safety)

**IT'S YOUR  
BODY AT WORK**  
Keep it in the Zone!