

# Shoulder and Neck Risk Factors



Reduce your risk of shoulder and neck strain by limiting these actions

- **Awkward postures, such as tilting the head for extended periods**
- **Arms extended in front or to the side when working**
- **Excessive force**
- **Frequent or heavy lifting**
- **Static postures**
- **Repetitive motion**
- **Working or lifting above shoulder-height**