Is This Safe Posture for Stacking?

What's wrong with this picture?



Work that requires awkward and unnatural postures like reaching with both hands over your head, causes fatigue and strain to your neck, back, joints and muscles. The result: Musculoskeletal disorders (MSDs).

The Moral: Work tasks should fit the worker's body—not the other way around.

Real Life MSD Victims: MEET REBECCA RHOADS, RN, BSN



"I was an expert nurse at the pinnacle of my career. 'One of the best,' according to the CEO of my hospital.

"Ironically, three months after the CEO made that statement, I

hurt my back trying to lift a patient. A back injury is known as “the kiss of death” for a nurse’s career. This proved true for me as it has for many.

“My career is gone but the pain endures. Two spinal fusion surgeries later, I’m still struggling.”

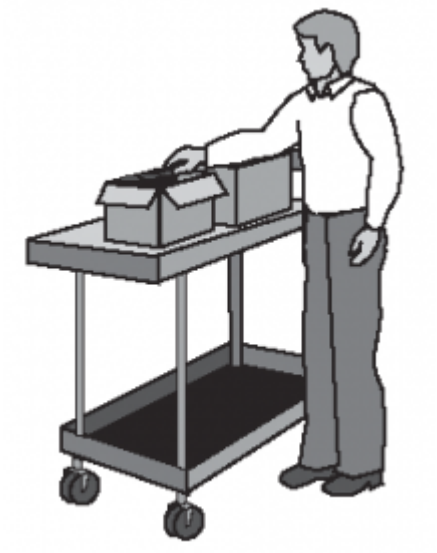
7 Ways to Protect Yourself

Make it possible to do the work using your normal posture without having to reach—or reducing the distance you have to reach. Methods to consider:

1. Raising or tilting the work to get better access to the object you’re working on



2. Placing the tool or item you’re working on in front of you, at shoulder height, and as close as comfortably possible



3. Extending your reach using long handled tools, extension poles and tool extenders like bit extension shafts for drills and screw

guns



4. Positioning yourself on devices that extend your reach like height ladders and movable stairs;



5. Taking frequent breaks



6. Limiting the amount of time you spend doing awkward posture tasks to 4 hours per day



7. Always following company safe work procedures

