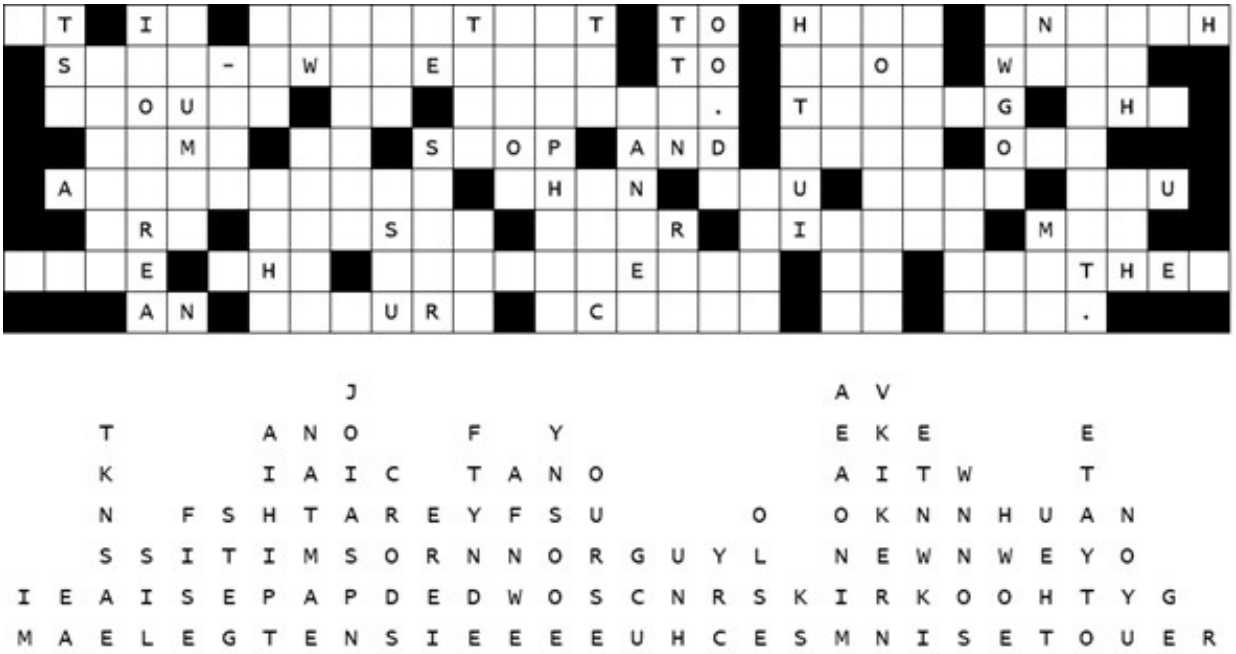
Know Your Limits at Work Fallen Phrases



It is important to have enough self-awareness to know when enough is enough. Taking the time to stop and seek out assistance when you know you are passed your limits may make the difference in whether an injury occurs or not.