

Avoiding awkward postures

Sprains are a pain!

Manual materials handling hazards contribute to a significant number of strain and sprain injuries year over year. Here are some safety tips to prevent injuries from **hazards associated with awkward postures**.

Be aware of...	Use this best practice!
✗ Lifting heavy items while bending at the waist	✓ Training on lifting practices, including keeping loads close to the body
✗ Reaching overhead to retrieve or place objects	✓ Store frequently-used items at waist height, within a natural range of motion
✗ Twisting the torso while carrying a load	✓ Pivot with the feet instead of twisting the spine when moving a load
✗ Working in a kneeling or squatting position for extended periods	✓ Use kneeling pads or adjustable stools while taking frequent breaks
✗ Carrying items on one shoulder or one side of the body	✓ Use backpacks or carts to distribute weight evenly
✗ Using tools or equipment that require awkward wrist or arm motions	✓ Select ergonomically designed tools and use appropriately-adjusted workstations
✗ Holding a static position for a long time, such as remaining hunched over	✓ Adopt the practice of microbreaks to stretch and move
✗ Working in spaces that restrict natural movement	✓ Redesign tasks or rotate workers to reduce time spent in cramped positions

Workplace Safety North's Health and Safety Specialists are here to support you as you focus on manual materials handling hazards throughout the year. For support in preparing for this year's compliance initiative from the Ministry of Labour, Immigration, Training and Skills Development, contact us. Visit our website for more information.