On-The-Job Injuries

Work smarter, not harder

- Let supervisors know if you’re hurting
- Use anti-fatigue mats if standing for a long time
- Alternate repetitive and non-repetitive tasks
- Switch between manual and sedentary tasks
- Alternate using different muscle groups
- Increase breaks from repetitive work
- Help identify risk factors and problems and suggest solutions

Risk factors include...

- Lifting heavy items
- Bending
- Reaching overhead
- Pushing and pulling heavy loads
- Working in awkward body postures
- Performing repetitive tasks
- Using vibrating tools and machinery

Visit nsc.org for more resources.