Work smarter, not harder

Apply the ergonomic principles below to your work to prevent musculoskeletal disorders

- Work in or as close as possible to neutral posture when sitting and standing
- Avoid excessive weights and high forces when you lift, lower, push, pull and carry
- Take frequent breaks if you perform repetitive movements
- Keep moving - change the way you sit or stand frequently

Tell your supervisor if you are experiencing any of these signs or symptoms

- Tenderness
- Loss of strength or range of motion
- Numbness or tingling
- Pain or swelling

See the Signs

Visit nsc.org for more resources.