

# WORK SAFE. HOME SAFE.



## Small Changes, Big Safety Wins

Overexertion is the leading cause of workplace injuries. The good news is that simple ergonomic adjustments can make a huge difference in your ability to work more safely.

This month, we offer tips to help you avoid ergonomic hazards like heavy lifting, repetitive tasks, and awkward postures—issues that can lead to chronic problems over time.

## Here's How You Can Stay Safe and Work Smarter:

- **Lift Smarter, Not Harder**  
Use team lifts or mechanical aids for heavy loads and stick to weight limits to avoid strain.
- **Spot and Fix Ergonomic Hazards**  
Use tools or aids to minimize force. Reduce repetition with breaks. Adjust workstations to avoid awkward positions.
- **Gear Up for Comfort**  
Use adjustable desks, lift-assist devices, and anti-fatigue mats to reduce strain.
- **Speak Up Early**  
Report discomfort immediately – early action prevents injuries.

Your safety, your health and your well-being matter—take a moment to check out [the poster](#) to remind yourself how to work smarter—and safer.

## Access Additional Resources and Information

- Visit [GetHomeSafeND.com](https://gethomesafenorthdakota.com) for videos of companies embracing the safety movement and more posters with safety tips and reminders.
- Follow Get Home Safe North Dakota on [LinkedIn](#), [Facebook](#), and [YouTube](#) for more tips and resources.

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