

Overexertion is the #1 cause of workplace injuries. Let's tackle it with these ergonomic strategies:

▲ LIFT SMARTER, NOT HARDER

Use tools or aids such as team lifts or mechanical aids. Reduce repetition with breaks.

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.

Find additional resources and information at GetHomeSafeND.com.



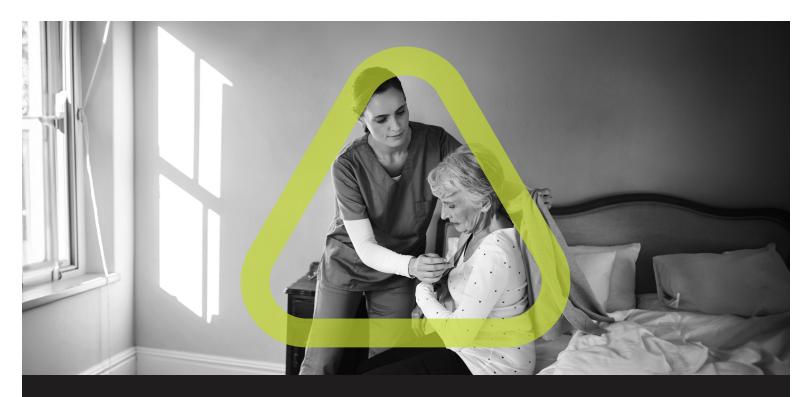
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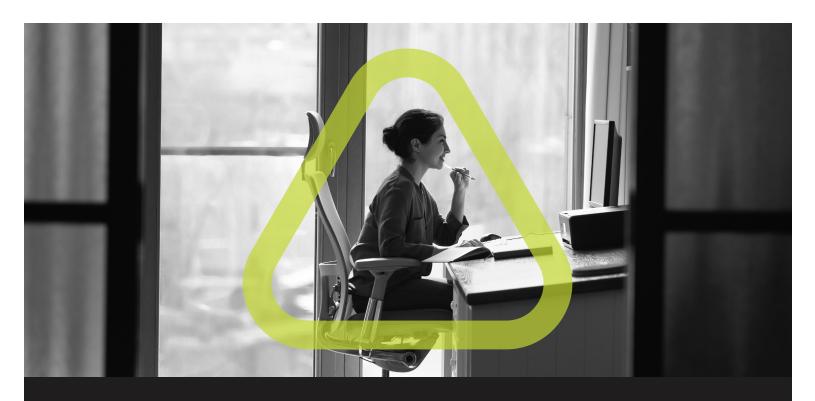
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