






WORK SMARTER, STAY SAFER!

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.



REGISTER NOW

**SAFETY + HEALTH CONFERENCE | NORTH DAKOTA SAFETY COUNCIL
FEBRUARY 24-27**

Bismarck Event Center

This 3-day conference provides a variety of safety, health and leadership classes. WSI offers scholarships to attend at a reduced rate.




For more information and to register, visit
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