

# HAZARD ALERT



WORKERS'  
COMPENSATION  
BOARD  
OF BRITISH  
COLUMBIA

POSTER # 97-05

## Avoid awkward work positions

Awkward positions occur when you are required to bend, reach, or twist. This often happens when you have to reach for something that is too far away, or you use a piece of equipment that may cause the wrist or back to bend in an unnatural way. When our bodies are forced into awkward positions, the ligaments and muscles are strained and have to work harder.

### Safe work practices:

- Avoid reaching. Wait until the conveyor or turntable brings items closer to you.
- To avoid stooping, adjust bag well heights.
- Try to keep wrists as straight as possible when scanning and keying-in items, and when cutting meat or stocking shelves.
- When you turn, move your feet instead of twisting your back.
- Keep anything you lift close to your body.

