

# AWKWARD POSTURES

Refers to positions of the body that deviate significantly from the body's neutral position while performing work activities. When you are in an awkward posture, muscles operate less efficiently and you expend more force to complete the task.

## Examples

- twisting
- bending,
- reaching
- pulling or lifting
- working with your hands above your head
- working with your elbows above your shoulders
- working with your neck or back bent more than 30 degrees without support
- working without the ability to vary posture

## 7 WAYS TO PREVENT INJURY

- 01** Be aware and maintain good posture by straightening your back, following the natural curve of your spine, relaxing shoulders that are held slightly back and level, ears in line with your shoulders, chin tucked slightly inward and pelvis shifted forward to allow the hips to align with the ankles.
- 02** Sit close to your work and keep frequently used materials within reach.
- 03** Avoid twisting and bending motions. These movements can put pressure on your spine.
- 04** Use both hands instead of one if needed to lift or complete tasks.
- 05** Be aware of your body's limits and respect your pain and discomfort.
- 06** Change positions, stretch to ease stiff muscles, take short breaks or switch tasks.

