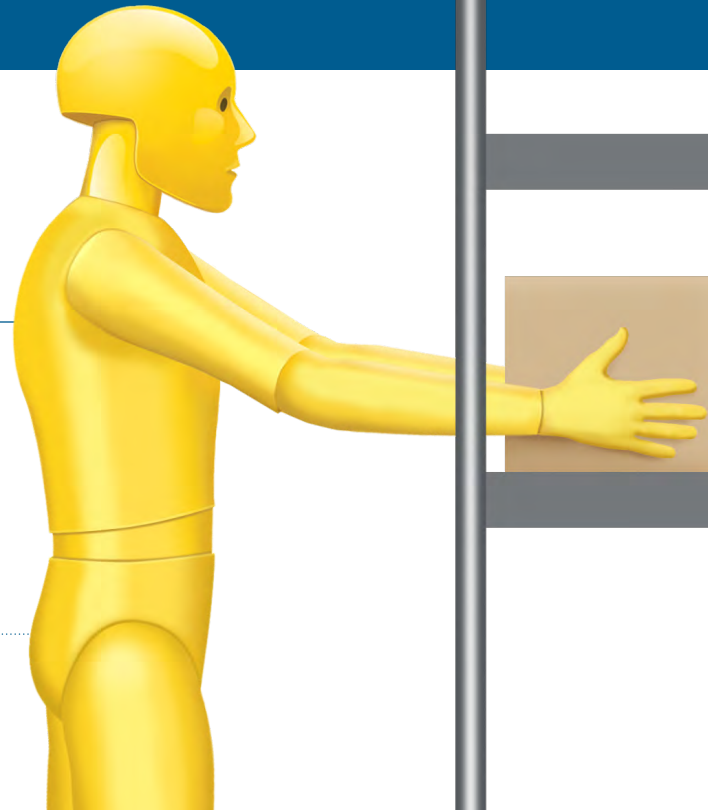


# Awkward Postures

Affected Sectors: All



## Hazards

## Contributing Factors

### Posture

- Being in unnatural positions for extended periods
- Storage heights (too high or too low)
- Poor housekeeping causing the body to be in an awkward posture to obtain materials

### Duration

- Fatigue, stiffness in body part in awkward position

**TIP:** If you need to work in awkward positions, take frequent breaks and stretch affected body parts to reduce stiffness and muscle fatigue.

## Possible Controls

### Quick Wins

- Position items at eye level to avoid awkward neck positions.
- Change positions/tasks frequently to reduce exposure.
- Remove clutter or obstacles you may work over or around.

### Long-Term Planning

- Design workstations to eliminate awkward postures.
  - Store frequently used or heavy materials between shoulder and waist height.
  - Select tools that allow the wrist to be in a neutral position.
  - Organize workstations to prevent excessive reaching.