Avoid Bending, Twisting, and Reaching

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The more force you use, the more you stress your body and the more you risk fatigue and injury.

- Forceful movements such as pushing, pulling, tugging, and sliding objects put strain on your lower back.
- They also stress the muscles, tendons, and joints of your shoulders, arms, upper back, and legs.
- Pulling, which stresses your shoulders and arms, is worse for your body than pushing.
- When you push, you use your own body weight to your advantage.
Awkward Posture

- If you're in an awkward posture while pushing or pulling, you need to use more force to move the object.
- High friction between the object and the surface also increases the force you use.
- Pushing or pulling an object above shoulder height or below waist height requires a lot of force because the posture is so awkward.
The amount of force you apply also can be affected by:

- The type of grip you use. Gripping with your fingers (pinch grip) is tiring. A fullhand power grip uses the larger muscles of your arm and requires less muscle effort.
- The position of your hands and arms. If your wrists are bent down, backward, or to one side, you will need to use more force to do your work.
- Cold, slippery handles and gloves. A slippery handle or one with a small diameter is hard to hold, so you tend to grip it more tightly.
- The amount of rest your muscles get. If you’re tired, you use more force to get your work done.
Things To Remember

- Keep arms and elbows low and close to your body
- Reach without stretching and straining.
- Keep reaches below shoulder level
- Avoid stacking materials above shoulder height.
- Reduce the Amount of Force You Use
- Use dollies, carts, or bins on wheels designed for pushing instead of pulling.