

Six Ergonomics Strategies

You can lessen the chance of incurring a Repetitive Movement Injury (RMI) by using your body in the safest and most efficient way. Here's how:

1. Keep your wrist straight when grasping objects or using tools.
2. Use your whole hand (power grip) when grasping objects.
3. Keep your elbows bent and close to your sides as you work.
4. Use your whole arm and don't lock your elbows when you reach, push or pull.
5. Use tools that allow you to keep your wrists straight while maintaining comfortable, positive control.
6. Lift safely from your knees, not your waist.



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