

# 2015 OLYMPUS

## REACHING FOR SAFETY EXCELLENCE

### Daily Safety Focus **BODY POSITIONING**

Awkward body positions can not only cause stiffness and discomfort but increase the potential for injury. We have had two recordable injuries to date, in both cases workers failed to stop their work when something changed and identify the hazard of their body positioning in relation to the task they were doing which would have prevented them from getting hurt.

#### Practice Proper Body Positioning:

- Select tools that will allow you to work in neutral positions
- Perform work at proper heights. Above elbows for precision work, at the elbows for light work and between the waist and elbows for heavy work.
- When awkward postures cannot be avoided, limit the duration in the posture, take regular breaks, perform forceful actions closer to neutral posture.
- Avoid putting yourself in the line of fire.
- Work as a team and intervene when you see a co-worker using poor body positioning.

**LEADER'S QUESTION TO WORKERS:**  
**IS YOUR BODY POSITION SAFE?**