

Safe Movement at Work & Home

Everyday movements impact comfort and safety.
Small adjustments can help reduce unnecessary strain.

Common Movement Risks

- **Lifting** away from the body
- Twisting while holding weight
- Overreaching or awkward positions
- Rushing instead of repositioning
- Working while fatigued

Simple Habits That Help

-  **Lift close** to your body
-  **Bend** at knees and hips
-  **Turn** with your feet
-  **Set your stance** before lifting
-  **Take short breaks**

Listen to Your Body

- **Slow down**
- **Adjust your position**
- **Ask for help**
- Use available tools or equipment

This Safety Read reinforces everyday movement habits that help reduce the risk of injury during work and daily activities.



Think Safe . Live Well.
It Starts With You.

