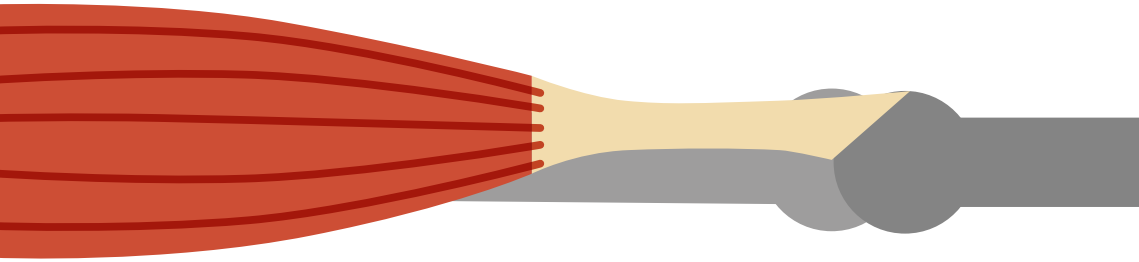
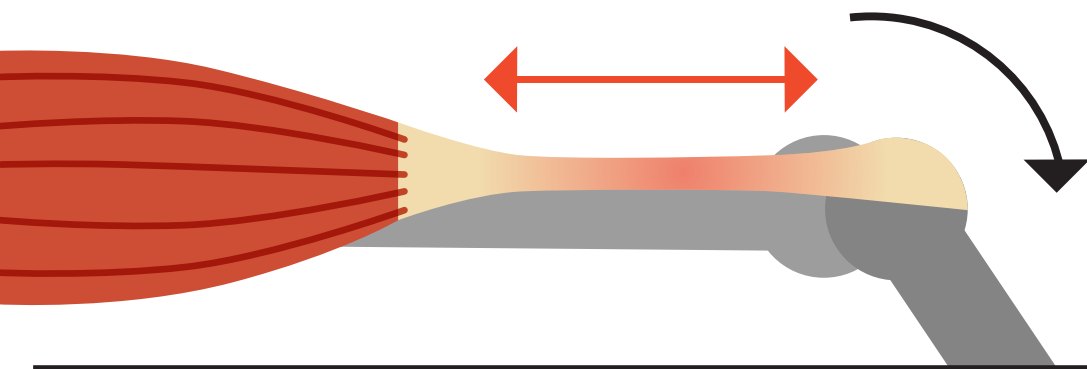


COMMON AWKWARD POSITIONS LEADING TO STRAIN AND INJURY

Neutral positions are those where your joints are naturally aligned.



Non-neutral positions stretch ligaments and reduce muscle strength, leading to strains and injuries.

An illustration of a person's head and neck bent forward. A red arc indicates the angle of bending, which is labeled as 30 degrees.

Bending the neck forward more than 30 degrees

An illustration of a person's arm raised above their shoulder. A red triangle and an upward-pointing arrow indicate the height of the elbow relative to the shoulder.

Raising the elbow above the shoulder

An illustration of a hand holding a power drill. A red arc indicates the angle of wrist bending, which is labeled as 30 degrees.

Bending the wrist downward more than 30 degrees

An illustration of a person's back bent forward. A red arc indicates the angle of bending, which is labeled as 30 degrees.

Bending the back forward more than 30 degrees

An illustration of a person squatting or kneeling. A red clock face is overlaid on the image, indicating that these positions should be avoided for extended periods.

Squatting or kneeling for extended periods

“THE FUTURE IS PREVENTION. THE FUTURE IS NOW.”

Fit For Work is an established national provider of innovative workplace injury prevention services that has unmatched expertise and sustainability.

Find out more at: wellworkforce.com

