



## Reducing Twisting - “Toes to the Load”



This task required moving bags from the pallet to the hopper.

**CHANCE FOR INJURY** – Twisting while lifting, carrying and lowering increased forces on the back; increasing the potential for a strain/ sprain.



**SAFER WAY** - Move the feet to face the load – or “toes to the load” and turn moving the feet. This eliminates the twisting while handling the load.



# ERGO MINUTE

ORCIG 2017 ErgoMinute Series

This material is intended to be a broad overview of the subject matter and is provided for informational purposes only. Old Republic Contractors Insurance Group, Inc. does not endorse or recommend any products or services nor does it make any representation or warranty regarding the accuracy or completeness of the information. Old Republic Contractors Insurance Group, Inc. shall have no liability or responsibility to any person or entity with respect to any loss, action or inaction alleged to be caused directly or indirectly as a result of the information contained herein.

