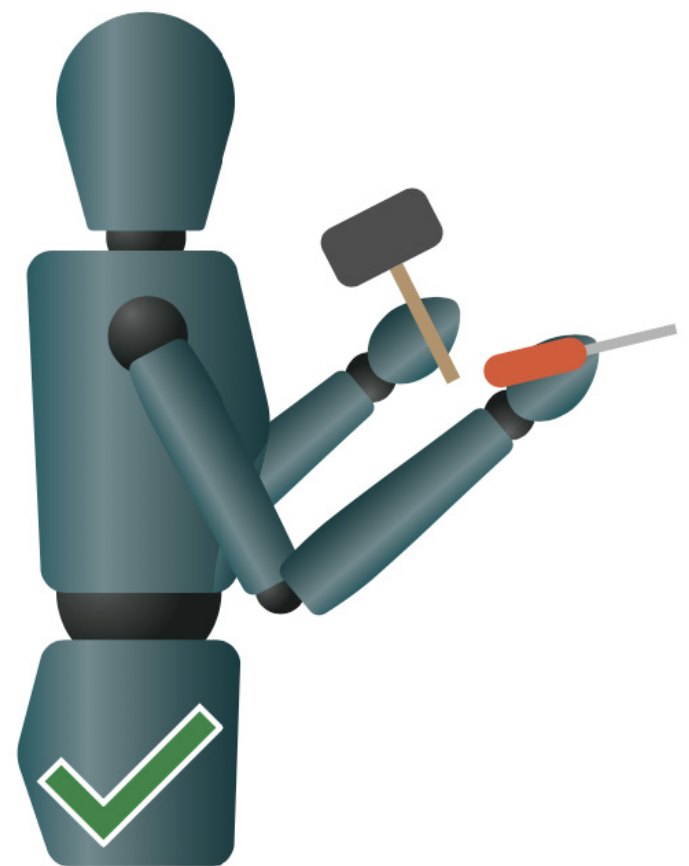


# 03 Hands below head



- Use a stool, platform, ladder or hoist so work is below head/shoulder height.

- Choose lighter tools and materials for overhead work.

- Use a bit extender for drills/screw guns.

- Find other tools/assists to limit overhead work.



# Ideas for healthy shoulders

Use these ideas to improve every task at work and at home.

- Stand on a raised surface or platform to reduce the actual working height. This will help your shoulders and neck.  
  
*NOTE: Always use the appropriate safety precautions when standing on a raised surface.*

- Ladders should only be used for occasional, short tasks, not for prolonged above shoulder work.

- Some tools can use extensions to do the reaching for you.

- Use temporary clamps or fasteners to hold objects in place and allow you to use both arms for your work.

- Light-weight tools will reduce the overall load on your shoulders if you must work overhead.

- Changing activities and building rest periods into the job allow the body to recover.

# Did you know?

- Working with hands above shoulder height (overhead) can quickly fatigue your shoulder muscles and lead to fatigue, discomfort and injury.
- Holding a tool or object when working overhead makes them fatigue even faster.
- Your arms have shorter endurance, less accuracy and decreased productivity when working overhead.
- If you have to look up when working overhead, it can quickly fatigue your neck and upper back too.

# Improve your workplace

- Ask yourself and others, “Why does the job require working overhead?” until you figure out the cause of the problem.

To learn how your organization can pledge to prevent MSDs, visit:

[nsc.org/msd](https://nsc.org/msd)

For questions, comments and suggestions please contact:

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