

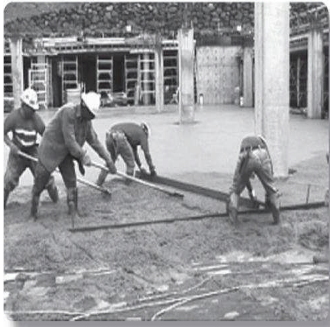
Our bodies do talk to us - we just have to listen!



Bent over work in construction is common – we need to eliminate as much of it as possible



Apply fasteners with an Autofeed Stand-up Screw Gun



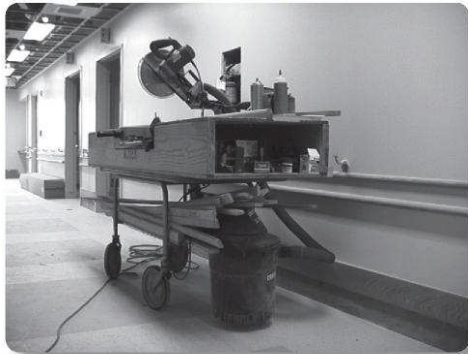
Instead of hand screening do motorized screening



Instead of tying Rebar by hand try using a Rebar-tying tool with an extension handle



Rather than stooping to the floor, try to raise the work to waist height using tables, sawhorses, or other equipment



Use a kneeling creeper



Other hints and advice:

- Use knee pads
- Avoid all side-to-side twisting
- Convert carry to push or push/pull
- When lifting keep your head up, shoulders back and stomach muscle's tight
- If a cart, lift or any other device is available – USE IT!
- Dual lift when possible

How to do overhead work:



Use extensions.



Drywall: Easy hold mud pan with glove



Save your fingers:
Use a caulk adapter for a drill



Only you can protect your back!