

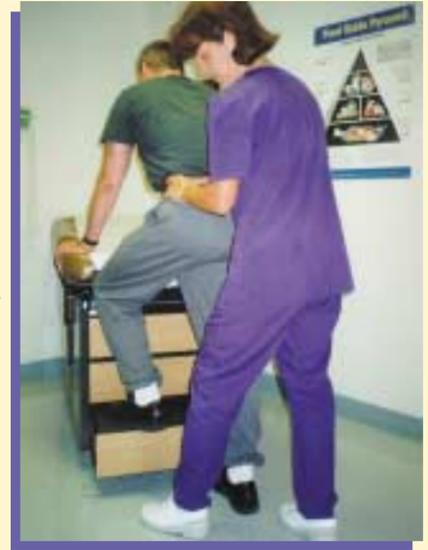
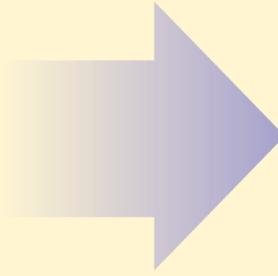
# WORK SMARTER, NOT JUST HARDER

Think **Ergonomics**—fitting the task to the person  
For very small businesses—health care



Don't lift patients without proper training

1  
LEARN HOW  
TO ASSIST  
PATIENTS  
SAFELY



Learn the correct way or get help to assist patients



Don't overreach



Use a step stool

2  
MODIFY  
HEIGHT  
AND  
REACH



File too big to handle

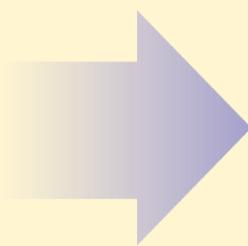


Break down to smaller files



Don't lift heavy loads with your back

3  
LIFT  
SMART



Bend your knees



Get a co-worker to assist you, or use a cart



To learn more about job safety and receive free publications,  
please call our toll-free number: 1-800-963-9424

