

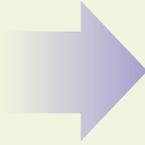
# WORK SMARTER, NOT JUST HARDER

Think Ergonomics—fitting the task to the person  
for very small businesses—retail/wholesale



Don't lift heavy loads  
with your back.

**1**  
LIFT  
SMART



Bend your knees.



Get a dolly or  
get help.



Don't climb on  
shelves.



Use a step stool.

**2**  
MODIFY  
HEIGHT AND  
REACH



Avoid working too  
low or too high.



Bring work to a  
comfortable position.



Don't leave a mess.

**3**  
KEEP WORK  
AREA CLEAN

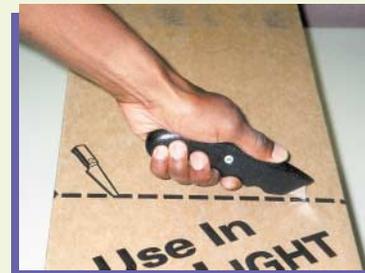


Clean up spills.



Don't use the wrong tool for the task.

**4**  
USE THE  
RIGHT  
TOOL



Use a tool that fits your hand.