

Changing storage heights

Reduces awkward lifting

Description

Lifting items from floor-level storage can result in awkward postures – bending, twisting, reaching – due to the low height. Moving heavy or frequently lifted items to a higher rack position allows them to be lifted from between knee and waist height. It also makes it easier to slide the objects closer to the body when lifting. This improves lifting posture and reduces risk of back and shoulder injuries.



The old way: Lifting from a low storage location results in bending and reaching.



The new way: Heavy items stored where they can be slid close to the body and lifted at waist height.

For more information about this idea, e-mail an LNI ergonomist (ergonomics@LNI.wa.gov)