

Change it up



Switch to a different task to avoid boredom and fatigue.



Change positions to give muscles a break.



Safety meeting talking points

- Doing the same thing over and over or holding the same position for a long time can tire your muscles and stress your joints.
- Over time, the lack of variety can stress the same parts of your body, and lead to injuries.
- It takes time for your muscles and joints to recover from the stress.
- It's better for your body if you have recovery time during the workday, as well as when you go home.

Discussion question

- Are there jobs where more variety would help you avoid overusing the same muscles and joints?