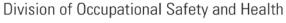# Keep a level head

Tilting or turning your head can strain your neck.

Place your work so that your head is level and straight.

Safety meeting talking points

- Tilting your head up or down can overwork your neck muscles, leading to fatigue.

- Turning your head to look to one side can also place strain on your neck.

- Position your work, equipment, and commonly used items so they are directly in front of you.

- Position your work a little below eye level for visual comfort.

- You can adjust the lighting in your area and use a small lamp to help you see your work better.

- Make letters and graphics on computer and equipment displays larger so you can easily see them.

- Talk to your eye doctor to make sure your corrective lenses fit your work tasks.

Discussion question

- What are some ways that we can position our work so our heads are upright and straight?