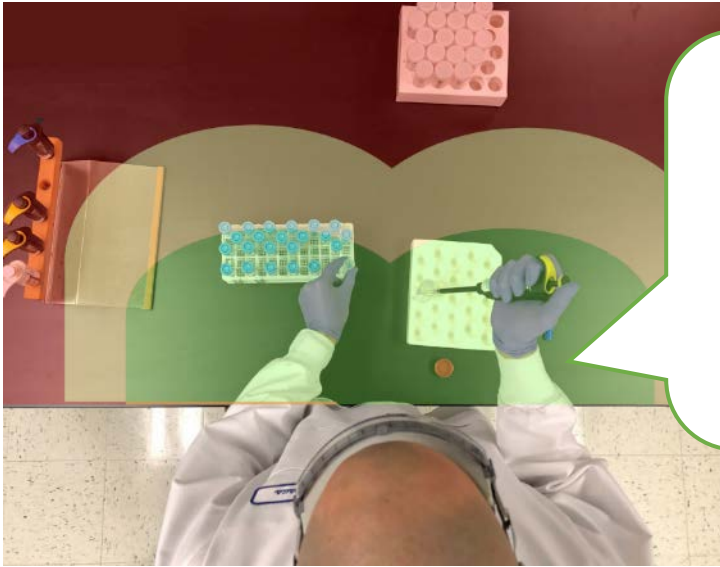
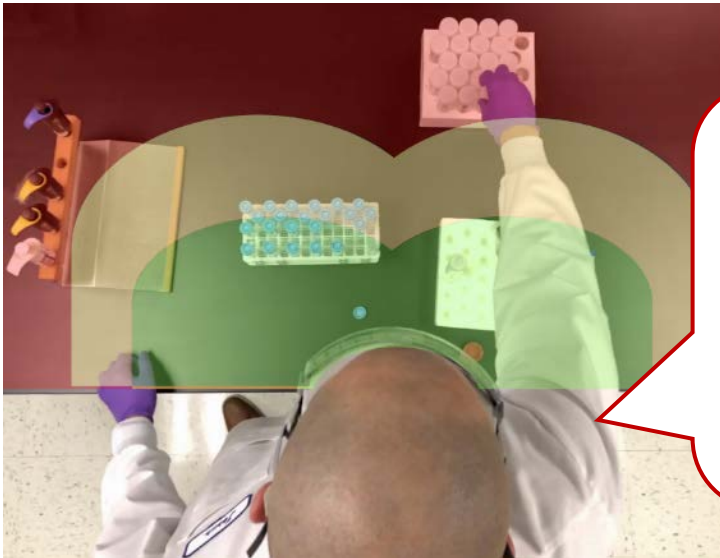


Keep it close



Keep the work that you do most often in front of you and close to your body.



Long or frequent reaches can overload your back and shoulders.



Safety meeting talking points

- Start your workday by setting up your workspace so your tools, parts and supplies are close and right in front of you.
- Remove barriers that make you bend forward to reach your work.
- Tilt boxes or parts bins to make the contents easier to reach.
- Move unused or seldom used items to create more workspace.
- Remember to rearrange your work area throughout the day so you don't have to bend, reach far, or twist to do your job.

Discussion question

- What are some ways that we can keep the work closer to our bodies?