

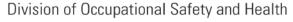
Work at waist height











Safety meeting talking points

- Bending, kneeling or squatting for a long time puts strain on your knees, hips and back.
- Working at waist level is more comfortable and more efficient.
- Raise your work to waist height using sawhorses, carts, workbenches, tables, pallet lifters, or scissor lift tables.
- If you can't raise your work to waist level, try using a chair or stool to position yourself closer to your work.
- Use tools with long handles to avoid bending or stooping.
- When you have to work down low, switch between bending, squatting and kneeling. Use cushioned mats to protect your knees.

Discussion question

What are some ways that we can position our work at waist level?