

## Work at waist height



Raise your work to a comfortable level.



Sit down to get closer to your work.



Use long-handled tools.



## 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?