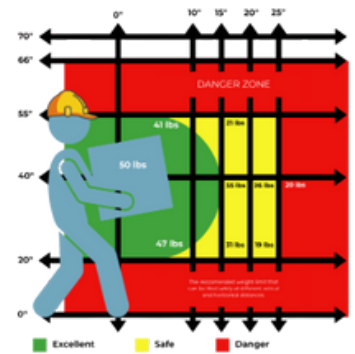




## A = ALIGNMENT

Aim to work in positions that put the least amount of stress and strain on the body. These positions are considered neutral postures and can reduce the amount of compression placed on your joints and allow for the greatest amount of muscle contraction.

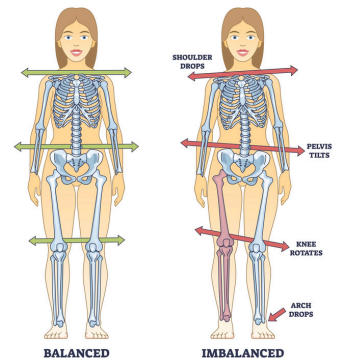
- Shoulders:
  - No “chicken wings”
  - Work in your Power Zone
- Elbows:
  - Keep elbows below shoulder height
  - Not fully bent/straight
- Wrist:
  - Straight
  - Thumbs up or palms up



## B = BALANCE

Try to equalize the stress of heavy or repeated activities

- Use both hands - not just your dominant side
- Alternate directions with pushing, pulling, and turning so you aren't always performing the same movement pattern
- Keep your body “squared” (see picture to the right)
  - This lets muscles work as a team and allows forces to be transferred evenly through the joints



## C = CONTROL

Try to avoid performing large and forceful movements

- Work smarter, not harder
  - Take the time to get the best tool, assure proper set-up and preparation, place feet in the most stable stance, etc.
- Don't be a jerk!
  - Smooth, controlled, and steady forces are far less likely to cause injuries than jerking, jarring, and erratic motions
  - Aim to move as smoothly as you can when performing tasks

