

WORK SMARTER, NOT JUST HARDER

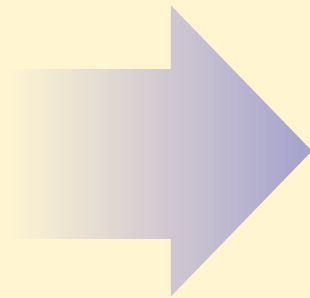
Think **Ergonomics**—fitting the task to the person
For very small businesses—auto repair



Don't lift heavy loads
with your back

1

LIFT
SMART



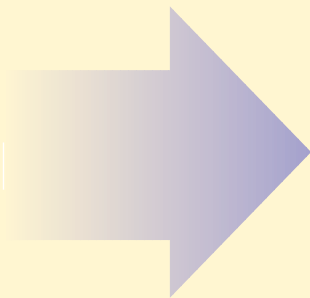
Bend your knees,
and get help
Get a dolly or a cart
Get a hoist



Don't overreach

2

MODIFY
HEIGHT AND
REACH



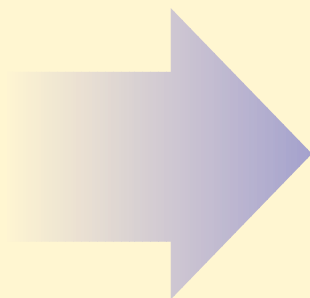
Bring it lower and closer



Don't use the
wrong tool

3

USE THE
RIGHT
TOOL



Use a power tool or a
tool that fits your hand