



SAFE WORK METHODS

JUNE 2024

Monthly Safety Training



GET IN THE ZONE.

The "Power Zone" is considered to be the area from mid-chest to mid-thigh. This area is where the body can move the most weight with the least effort.

BATTER UP.

When you think of the power zone, think of the strike zone in baseball. Working within this area will greatly reduce the chance of injury.

DEEP KNEE BENDS.

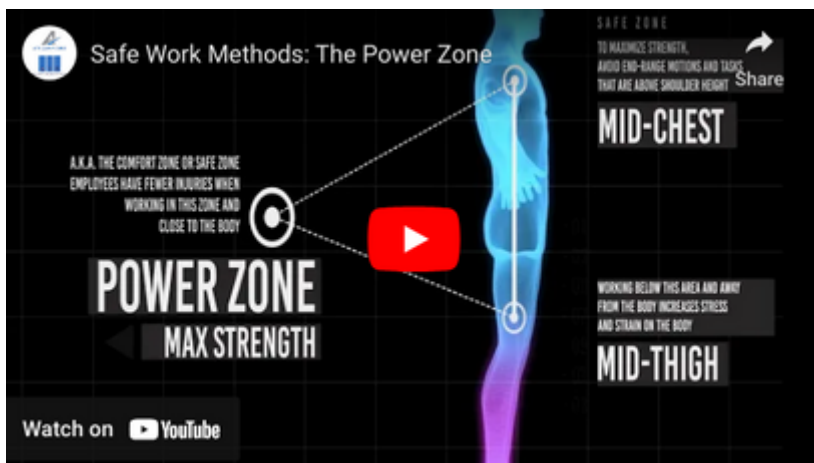
When picking up and putting down objects, bend your knees and squat down. This maintains proper spine alignment and uses your body's largest muscles to lift the weight.

KEEP IT IN THE MIDDLE.

Avoid end-range motions and tasks that are above shoulder-height and those that are below the knee. These motions cause more stress and strain on the body.

SAFE WORK METHODS: THE POWER ZONE

CLICK HERE: <https://bit.ly/3vbwSKB>



TAKE THE QUIZ!

We have created short, fun games for each monthly safety training topic. Scan or click the code to play along!

