No-No                      ERGO
Twist & Shout       Turn About
Pull                  Push
No View               See Ahead
Arm’s Length         In Close
Back Bend            Knee Bend
High Reach           Step Up
Too Low              Torso

Material Handling
Did you know that there are many easy ways to make your work safer for your body? As a start, take a look at the examples above and give them a try!

Enhance Your Awareness of Ergonomics
For more tips and easy, inexpensive ergonomic solutions, visit: mhealthy.umich.edu/ergo