

## Hands below head



Working overhead is hard on your neck and shoulders.



Hands between shoulder and waist level means less strain and fatigue.



## **Safety meeting talking points**

- Working with your hands overhead can cause neck and shoulder problems.
- This position can also reduce blood flow to your neck and shoulder muscles, so they'll tire out sooner.
- Looking up while you work overhead can also lead to neck problems.
- Problems can begin after 30 minutes of overhead work per day.
- Working with your hands between shoulder and waist level is safer and less tiring.

## **Discussion question**

- What can we do to reduce or eliminate overhead work?