

## Match work height to task



Place work that requires force below elbow height.



Place work that requires precision above elbow height.



## **Safety meeting talking points**

- Working with your hands and arms at the wrong height for you can be tiring and make you uncomfortable.
- Place your work a little below elbow height when you have to use more hand and arm force.
- Set your work a little above elbow height when you need to use lighter, more precise movements.
- When sitting at a table, adjust your chair or stool to a height that is right for the task.
- If you have adjustable tables or work fixtures, take the time to adjust them to a good height for you.

## **Discussion question**

- What are some ways that we can change the position of our work so our arms and hands are at a good working height?