



5 Strategies for Job Safety and Ergonomic Health

Whether sitting at a desk or operating equipment, the jobs we perform may call for greater awareness. Here are five best practices to help prevent bodily aches, strains, and injury:

1. **Perform a self-safety audit.** Take time to review all the safety guidelines and emergency action plans set by your organization. It may sound simple, but you're likely to discover something new to keep yourself and others injury-free.
2. **Assess your ergonomics.** It's so easy to forget how we sit, stand, and hunch—and their effects on our back and spine. It's helpful to perform a self-assessment or see if your employer can schedule one-on-one time with an expert ergonomist.
3. **Move throughout the day.** Vary your job activities through the addition of a stand-up desk, ergonomic mat, regular stretching, and walk breaks. Varying your movements help keep aches and pains away.
4. **Practice proper lifting.** Whether your job involves periodic lifting or it's a regular part of your work, be sure to learn and practice proper form. If you're unsure, stop and ask for help. A trained professional may be able to provide spine-saving advice.
5. **Form a health and safety committee.** Or pursue your own certification! Learning first aid or CPR is a great way to continue learning and become an advocate for occupational safety for your whole workplace.



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