

Reducing stress on your body

- Use good lifting and handling techniques
- Maintain tools and machinery to reduce vibration
- Take breaks and alternate jobs



Reducing stress on your body

Holding or carrying a heavy load, working with vibrating machinery or tools, and repetitive movements can all put a lot of stress on your body. Changing the way you work, and lift and carry loads, can help.

Use good lifting and handling techniques

- Bend your knees and tighten your stomach muscles (your core) so you're ready to lift.
- Get a crewmate to help (eg, lift heavy bags or get a load onto a ute).
- Make sure your load is balanced – use a bag with shoulder straps rather than just a cross-body strap.

Maintain tools and machinery to reduce vibration

- Cutting tools that aren't sharp, or any tool that's unbalanced, will vibrate more, which can cause vibration disease.
- Make sure all tools and machinery have effective anti-vibration mounts.
- Know how to use your tools the right way – after all, they're there to make the job easier.

Take breaks, swap tools and tasks

- Working one way all the time can stress the body (eg, using the same hand to reach, or walking the same way around a hillside), so swap around.
- If possible, swap jobs and tools with workmates – doing one thing for a long time increases your chance of injury.
- Even if you can swap jobs – and especially if you can't – take frequent breaks and stretch your muscles.