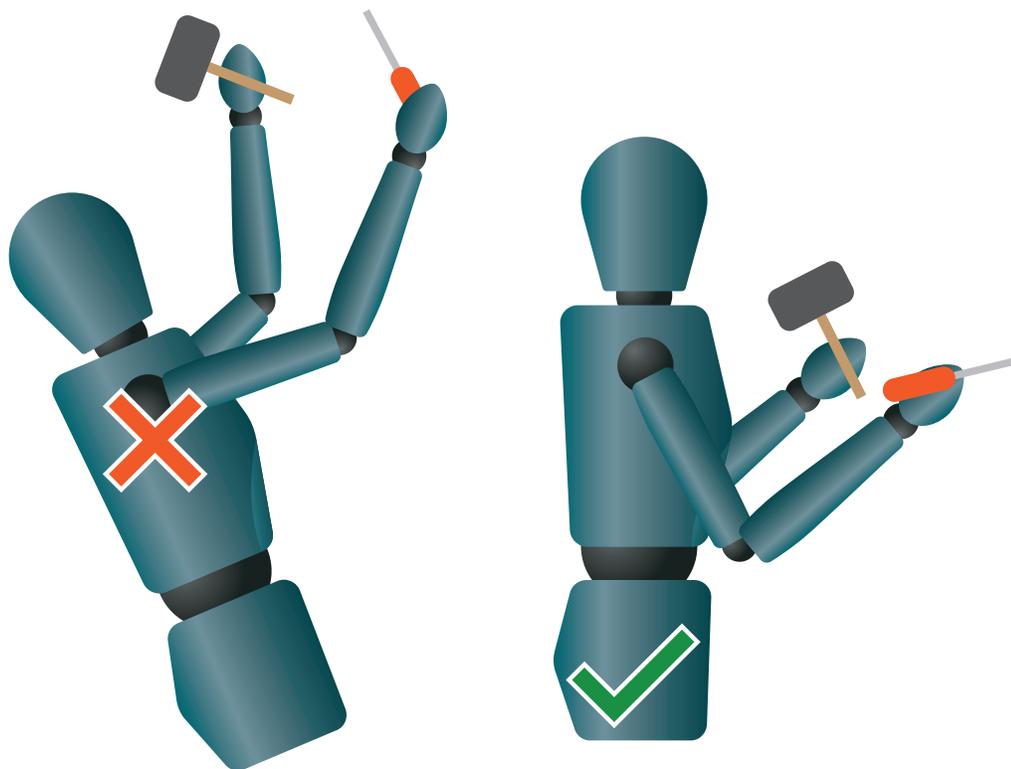


3



## Hands below head

- Use a stool, platform, ladder or hoist so work is below head/shoulder height.
- Choose lighter tools and materials for overhead work.
- Use a bit extender for drills/screw guns.
- Find other tools/assists to limit overhead work.



For more info visit:  
[msdprevention.com](http://msdprevention.com)

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Centre of Research  
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Musculoskeletal Disorders

**Work  
shouldn't  
hurt**

# Hands below head

## Ideas for healthy shoulders

*Use these ideas to improve every task at work and at home.*

- Stand on a raised surface or platform to reduce the actual working height. This will help your shoulders and neck.
- Some tools can use extensions to do the reaching for you.
- Use temporary clamps or fasteners to hold objects in place and allow you to use both arms for your work.
- Light-weight tools will reduce the overall load on your shoulders if you must work overhead.
- Changing activities and rests built into the job allow the body to recover: See MSD Tip #6.

## Did you know?

- Working with hands above shoulder height (overhead) can quickly fatigue your shoulder muscles and lead to fatigue, discomfort and injury.
- Holding a tool or object when working overhead makes them fatigue even faster.
- Your arms have shorter endurance, less accuracy and decreased productivity when working overhead.
- If you have to look up when working overhead, it can quickly fatigue your neck area too.

## Improve your workplace

- Ask yourself and others, "Why does the job require working overhead?" until you get to the bottom of the problem.

**What are we going to do today to keep our shoulders and necks healthy if the work is overhead?**

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2

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*Whatever changes you make, check that you are not creating any new problems.*