

## Self Care Ergo 4: Stronger than muscle

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Have you ever heard of the saying: “Engage your brain before putting mouth in gear”?

Putting your brain in gear before starting your work can save you a lot of pain and strain. Ask:

- Do you know what you are supposed to do?
- Do you have all of the tools where you need them?
- Are there any obstructions that you can clear to make the job easier?

Put your ‘Ergo’ hat on and think – there must be a simpler way!

Simple solutions like raising your work off the floor, taking a few extra minutes to find a cart, a dolly, or a forklift can save you a few minutes or a sore back for weeks.

As always, our muscles only get stronger when they are used. Shift your gears and try a couple of ‘brain’ repetitions today!



**ERGORISK**

This article was  
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