

## Stronger than Muscle - Working Smart

Posted in: Back Care, Ergonomics Early Intervention

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  
written by ErgoRisk