

WORK SMARTER – NOT HARDER

Prevent Musculoskeletal Disorders in the Terrazzo, Tile & Natural Stone Trade

TILES & SLABS – Fit the work to the person



Don't lift heavy loads

1

Get help or use a cart

Lift Smart



Work area too low or too high

2

Bring work to a comfortable position

Modify Height



Static, awkward postures

3

Take regular stretch breaks

Take a Break



Lifting large, heavy slabs

4

Use handling equipment to eliminate lifting – overhead crane

Use the Right Tool

