

PestSure Safety Tips

INSURING THE FUTURE OF PEST CONTROL

A five-minute training Series for Pest Management Professionals.

Neutral Postures

“**Neutral Posture**” refers to the resting position of each joint—the position in which there is the least tension or pressure on nerves, tendons, muscles and bones. It is also the position in which muscles are at their resting length—neither contracted nor stretched. Muscles are strongest and work most efficiently in the neutral posture.

One aspect of ergonomics is the reworking of processes to allow the worker's joints to remain in a neutral position as much as possible. You are the only person who can recognize when your body gives an early warning signal of potential injury. React to that signal!

Listen to Your Body

Feeling discomfort or pain is an indication that something is wrong! Combinations of awkward posture, force, and repetitions are a set up for injury. Become aware of mounting stresses, aches and pains or tightness and respond to them.

Neutral Positions for Your Body

- ♣ **Wrist** - The wrist is in line with the forearm. It is neither bent up (extension) nor bent down (flexion). It is not bent towards the thumb (radial deviation) nor towards the little finger (ulnar deviation).
- ♣ **Shoulders** - The shoulders are in a resting position, neither hunched up nor pulled down, and not pulled forward or back.
- ♣ **Neck** - The head is balanced on the spinal column. It is not tilted forward, back or to either side. It is not rotated to the left or right.
- ♣ **Back** - The spine naturally assumes an S-shaped curve. The upper spine (thoracic region) is bent gently out; the lower spine (lumbar region) is bent gently in. The spine is not rotated (or twisted) to the left or right, and it is not bent to the left or right.

Check Your Posture

"Where do you usually carry your head as you work... pitched forward, like most of us? Think of the pressure this puts on those fragile spinal discs and how easily you can pull the whole spinal column out of alignment with incorrect carriage of the head. Having this awareness will help you correct as you go... adjusting the way in which your head is positioned over your spine during your hours at work." -- *Working Well?* by Terry McShane M.A.

Stretch Often and Shift Positions

Change (shift) your posture often. Stretch frequently throughout the day. Keep your body flexible (not rigid or fixed); static posture becomes uncomfortable and increases your risk of injury.