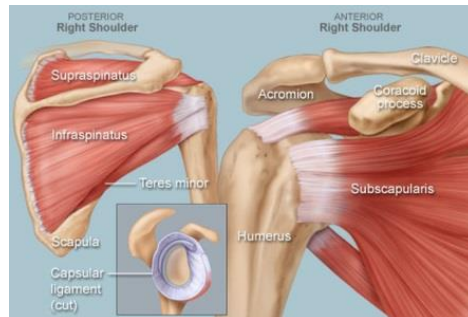


You can't work with your teeth - protect your shoulders

We can move our arms in many directions because our shoulders are complicated structures. However, how well the shoulder works depends entirely on the health of ligaments and the strength of muscles that move the arm and shoulder. Particular actions can hurt our shoulders ligaments, muscles or the protective bursae [fluid filled sacs] -- the results can be pain, weakness or reduced range of motion.



BEWARE :

1. Carrying or lifting heavy loads – especially repeatedly
2. Working in awkward postures –
 - a. working overhead or
 - b. with the elbows held at a distance from the body or
 - c. hands are more than $\frac{3}{4}$ of an arm length from the body
 - d. elbows above the shoulder level.
3. Repetitive movements
4. Exposure to vibration
5. Pulling heavy awkward loads
6. Holding postures or positions for a long time where the shoulder muscles are tense or our neck doesn't move.

All health and safety laws require that the risk of injury [sprains and strains] from hazardous manual handling is controlled

- Work Health & Safety Regulations 2011: Regs 34-38, 60 and 61
- Victoria OHS Regulations 2017: Regs 26-27
- Western Australia OS&H Regulations 1996: Regs 3.1, 3.4

The factors that need to be checked to see if there is a risk of injury include:

- Postures/movements/forces/vibration
- Duration and frequency of the task
- Environmental conditions eg cold
- Design and layout of the workplace and the way the work is done
- Nature size, weight and number of things involved in the task

There is plenty of advice available in Hazardous Manual Handling Code of Practice

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