

STOP BACK AND WRIST PAIN!

# FARM SMARTER, HURT LESS



## ✔ DO THIS

- Choose tools that fit your height
- Lift with your legs, not your back
- Keep wrists straight when digging
- Switch hands to avoid soreness

## ✘ NOT THIS

- Don't use too tall or too short tools
- Don't bend at the waist
- Don't twist or bend your wrists
- Don't overuse one side of your body



Multi-Unit Signature Here



National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE



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# PROTECT YOURSELF AND WORK SAFER



**Choose tools that fit your body**  
(good height, length and weight)



**Bend your knees when lifting**  
(do not bend only at your waist)



**Hold heavy objects close**  
(do not reach with heavy objects)



**Keep wrists straight**  
(neutral wrist position)



**Take short breaks and rest**  
(stay hydrated)



**Lift with your legs, not waist**  
(tighten your core & move slowly)



**Use both hands**  
(disperse the weight evenly)



**Rotate your tasks**  
(break up repetitive movements)



**Stop if something hurts**  
(don't risk a permanent injury)



**Ask for help**  
(get others to help with heavy and bulky items)



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