



## REACHING

One of the body movements that is often involved in stress and strain, is reaching outward, sideways, or upwards. You can reduce the chances of these kinds of injuries by reducing the need for this kind of movement.

Examine work tasks with this in mind and look for options such as these:

- Reduce the length of reach required to get to controls for tools and machinery. Worker and controls should be close together, to reduce the need to reach more than a foot and a half.
- Worker and materials should be as close together as possible. Work pieces, materials and other objects should be brought as close as is reasonable.
- Reduce the size of objects that need to be handled.
- Allow objects to be held close to the body by reducing their size, changing contours, changing or removing packaging, etc.
- Use appropriate protective clothing. Aprons and arm protectors can eliminate the need to keep objects away from the body.
- Where cartons or pallets are being loaded, reduce size where possible to eliminate or reduce reaching. Arrange the work area so that workers can move around the cartons or pallets or rotate them, to eliminate the need to reach.