



electricians

Awkward and sustained postures, overhead work, kneeling and crouching

Before applying a new risk control, review its use to ensure it does not introduce new risks during the tasks.



- Minimise your time in awkward postures.
- Plan your work to alternate postures when possible.
- Take regular breaks and change your position and posture.
- Use tools that minimise reaching.
- Stretch in the opposite direction between tasks e.g. bend backwards if you have been leaning forward or working in a crouched position.
- Share the workload with a work mate.



For more information check out the WorkSafe website:
www.dmirs.wa.gov.au/worksafe/manual-tasks