

Risk Control Bulletin

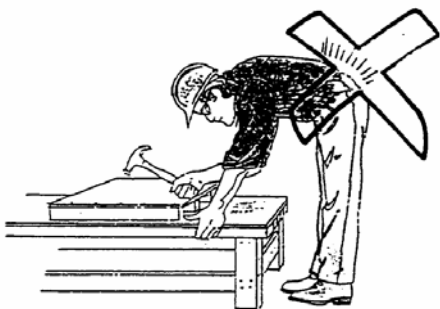
Work Techniques

RISK CONTROL



Benches

For bench work the right height is vital to reduce the risk of back injury or pain. Ideally the bench should keep work between waist and shoulder height.



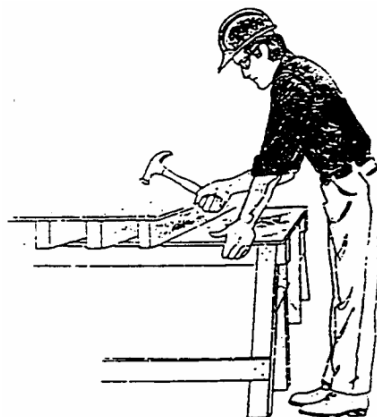
Light Work



Precision Work



Heavy Work



Work Platforms and Ladders

For long-term work, overhead or heights, use scaffolds, scissor lifts, or other work platforms rather than ladders.



When it is necessary to work from a ladder, use a ladder with wide comfortable treads or, even better, a ladder with a platform you can stand on.

