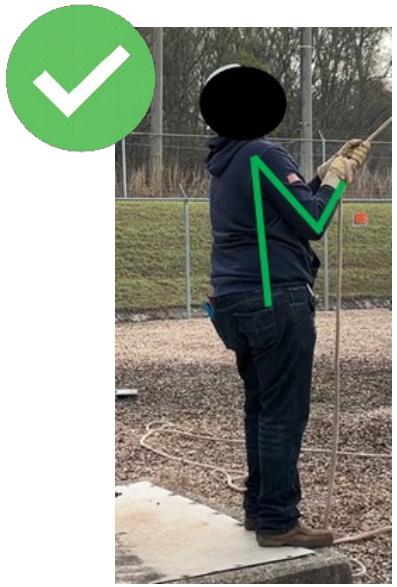
Protect Your Body:
Keep the Load in the Power Zone

WALK OFF WITH ONE™
INJURY PREVENTION EDUCATION

Holding a load in the power zone reduces lower back, shoulder, and neck strain while allowing stronger muscle groups to work more efficiently. This improved posture helps sustain strength and control during holding tasks.







Do

- Engage your core
- Maintain a neutral spine
- Keep elbows close to the torso
- Relax the shoulders
- Engage larger muscle groups

Ergonomic Risk Reduction

Overall	Upper Body	Lower Body
73%	66%	100%

Don't

- Extend lumbar spine
- Hold the load far away from the body
- Lock elbows
- Hold a load for too long

BIOKINETIX®