Utilize Proper Form:
Reduce Shoulder & Low Back Stress

WALK OFF WITH ONE™
INJURY PREVENTION EDUCATION

Reduce rounded shoulders and low back soreness by keeping work within your POWER ZONE and performing the proper form of a squat.

Working In Your Power Zone

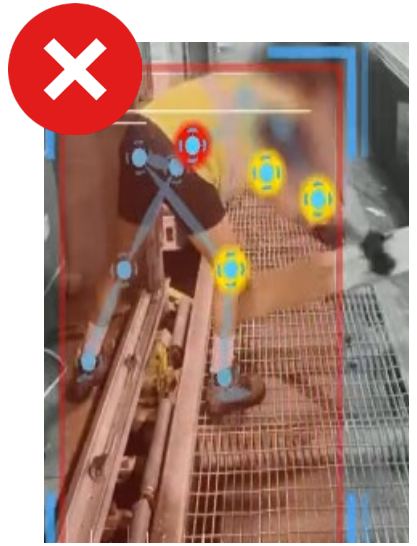
To reduce physical stress and daily shoulder/low back fatigue, hinge the hips backwards to activate the lower extremity muscles and maintain the work in front of you.

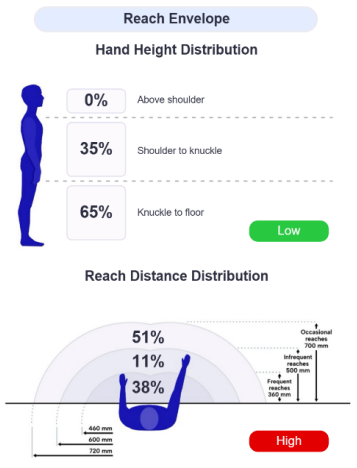
Always start by positioning your body as close to the belt as possible before transferring package.

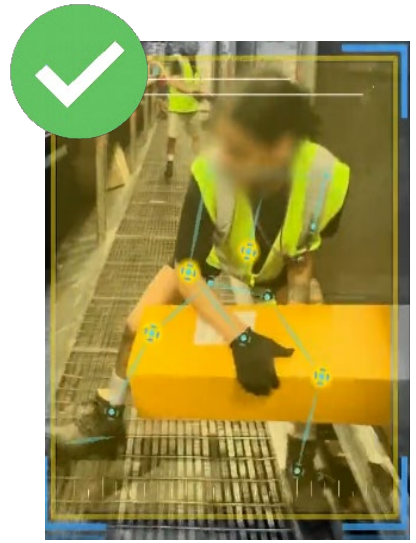
Avoid repetitively flexing at the lower back when not bending at the knees.

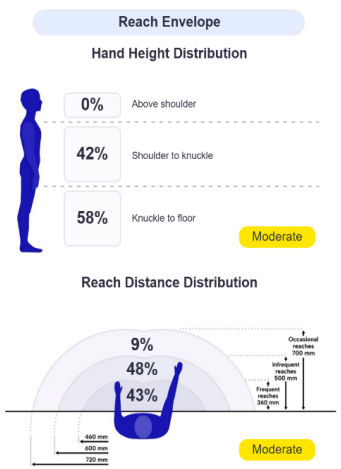
When needing to reach out of the power zone, utilize feet to maneuver package to bottom belt.

At-Risk → **Safer**









End Range Elbow Extension	Knuckle to Floor Duration
⬇ 42%	⬇ 7%

BIOKINETIX®