Stay Close, Stay Strong:
Reduce Strain with Better Reach Habits

WALK OFF WITH ONE™
INJURY PREVENTION EDUCATION

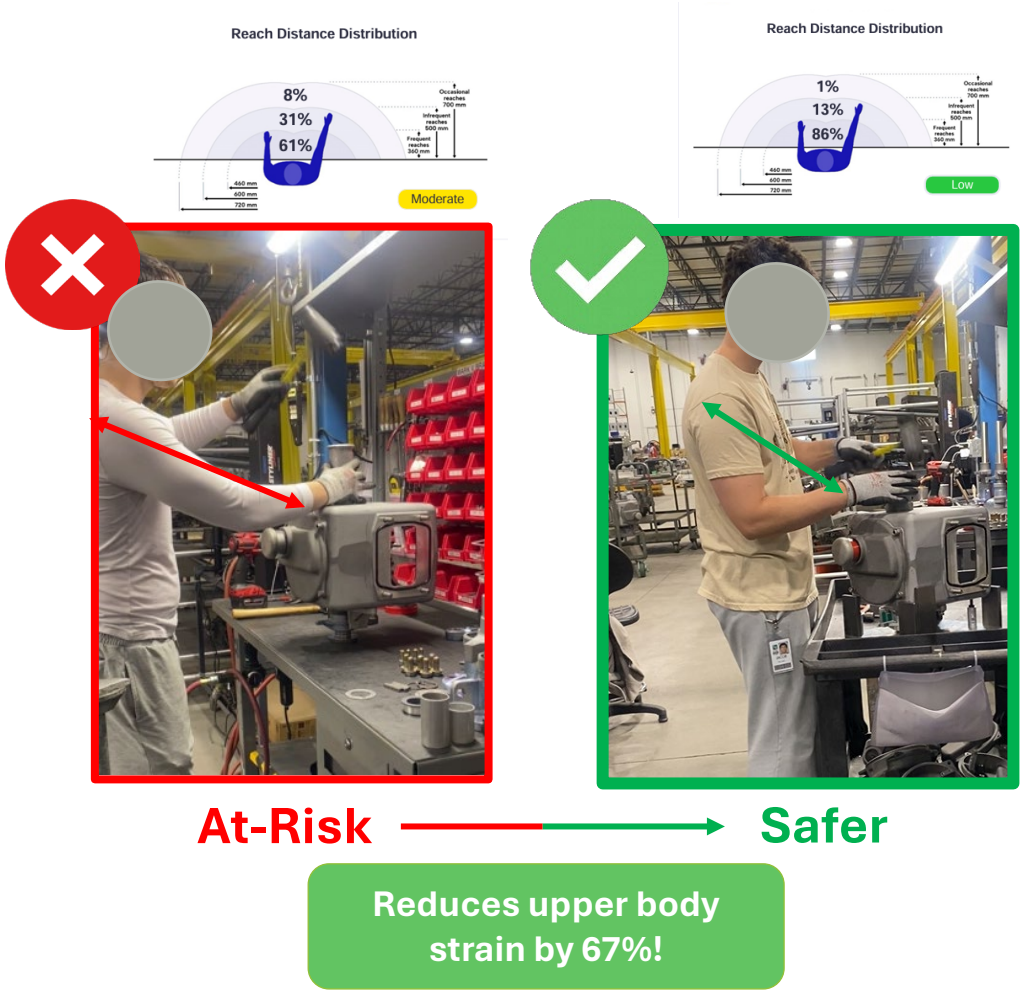
Reaching too far away from your body—whether for tools, supplies, or equipment—can put unnecessary stress on your shoulders, upper back, and spine. Over time, this can lead to discomfort, fatigue, and even musculoskeletal injuries.

Tips

- **Keep frequently used items within arm's length** (about 14-18 inches from your body).
- **Adjust your workstation** so tools and materials are close and easy to access.
- **Move your body, not just your arms.** Step closer rather than leaning forward.

Benefits

- **Less strain on shoulders and back** reduces risk of injury.
- **Improved posture** helps maintain spinal alignment.
- **Greater efficiency** saves time and energy during tasks.
- **Long-term health** prevents chronic pain and fatigue



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