Set It Up Now, Save Your Body Later

WALK OFF WITH ONE™
INJURY PREVENTION EDUCATION

Set yourself up for ergonomic success by using proper body mechanics and identifying potential positioning risks before discomfort begins. If you had to stay in this position for 2 minutes, 15 minutes, or 2 hours, would your body still feel supported, or would strain start to build?

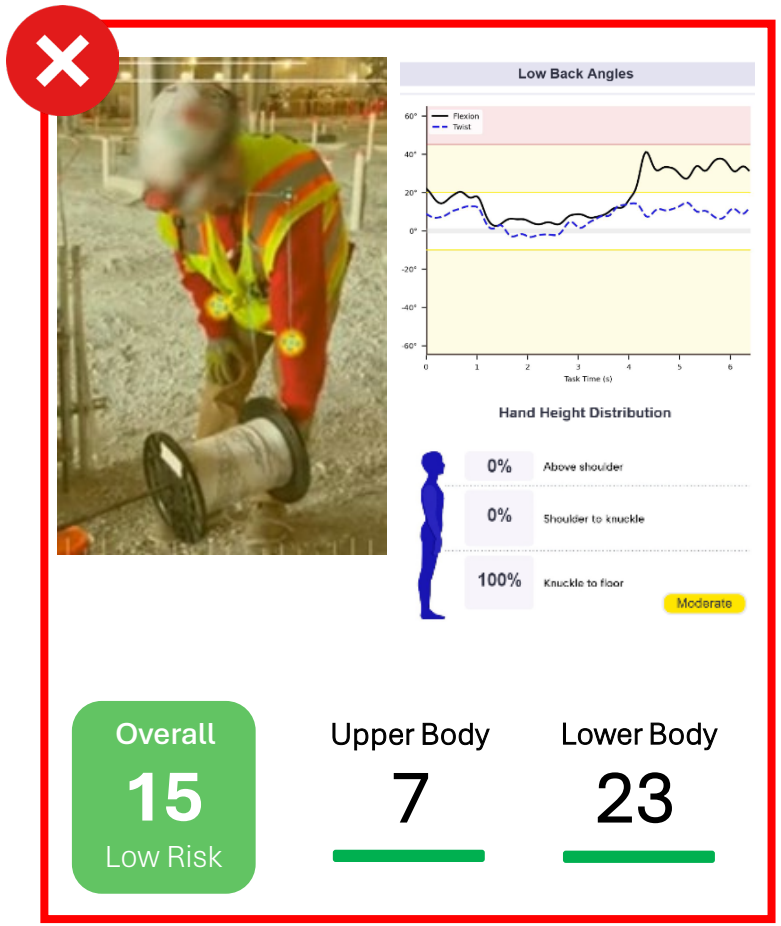
SEATED UNSPOOLING

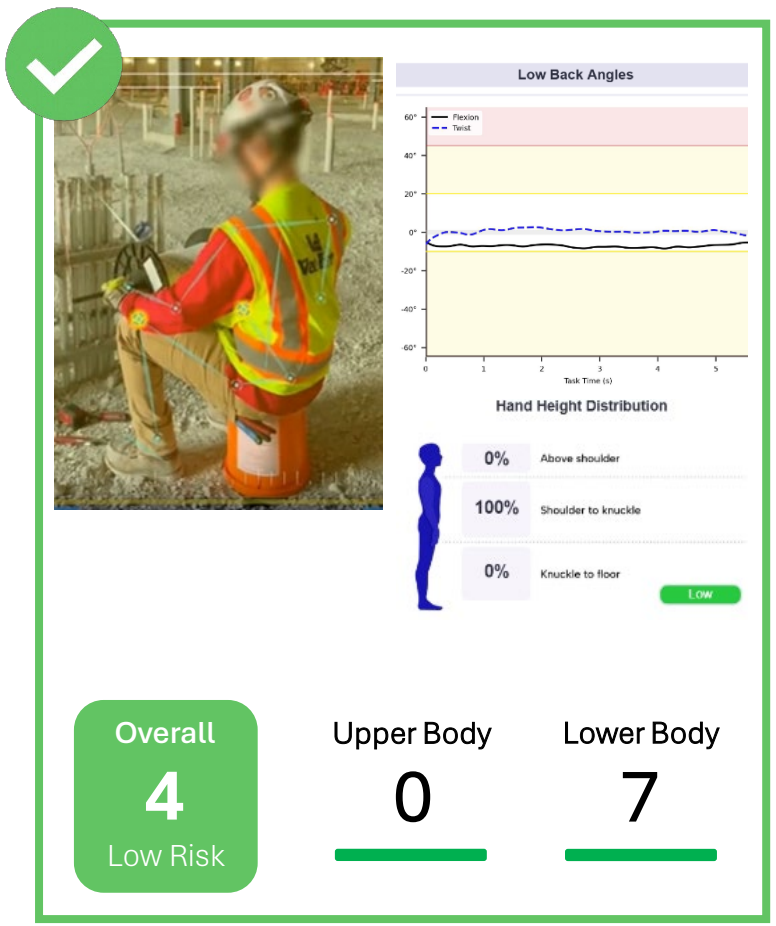
- **Position:** Seated with a neutral neck and spine, keeping shoulders back
- **Grip:** Use both hands to secure the rebar with lap support for stability
- **Movement:** Maintain scapular retraction while the spool rotates
- This promotes:
  - Improved stability and control
  - Less strain on back & shoulders
  - Reduced fatigue over time

Ergonomic Risk Reduction

Overall	Upper Body	Lower Body
73%	100%	70%

At-Risk → **Safer**





BIOKINETIX®