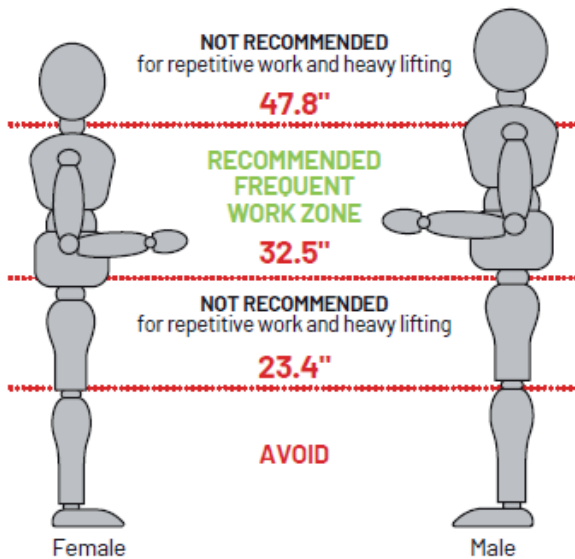




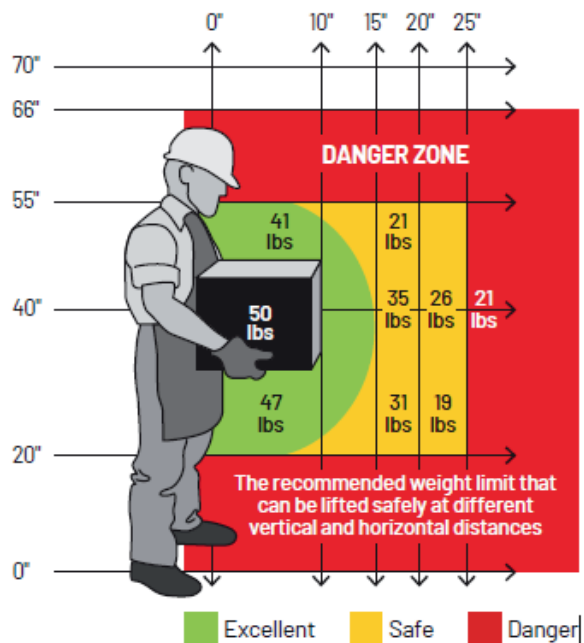
## Working in the Safe Work Zones

One of the principles of proper body mechanics as it relates to lifting and performing job tasks is power zones. The idea behind power zones is that they define the area around the body in which work is most safely performed. The further outside of these power zones that work is being done the greater the stress placed on the body and the more likely injuries are to occur.

### VERTICAL REACHES



### POWER ZONES



### Recommendations

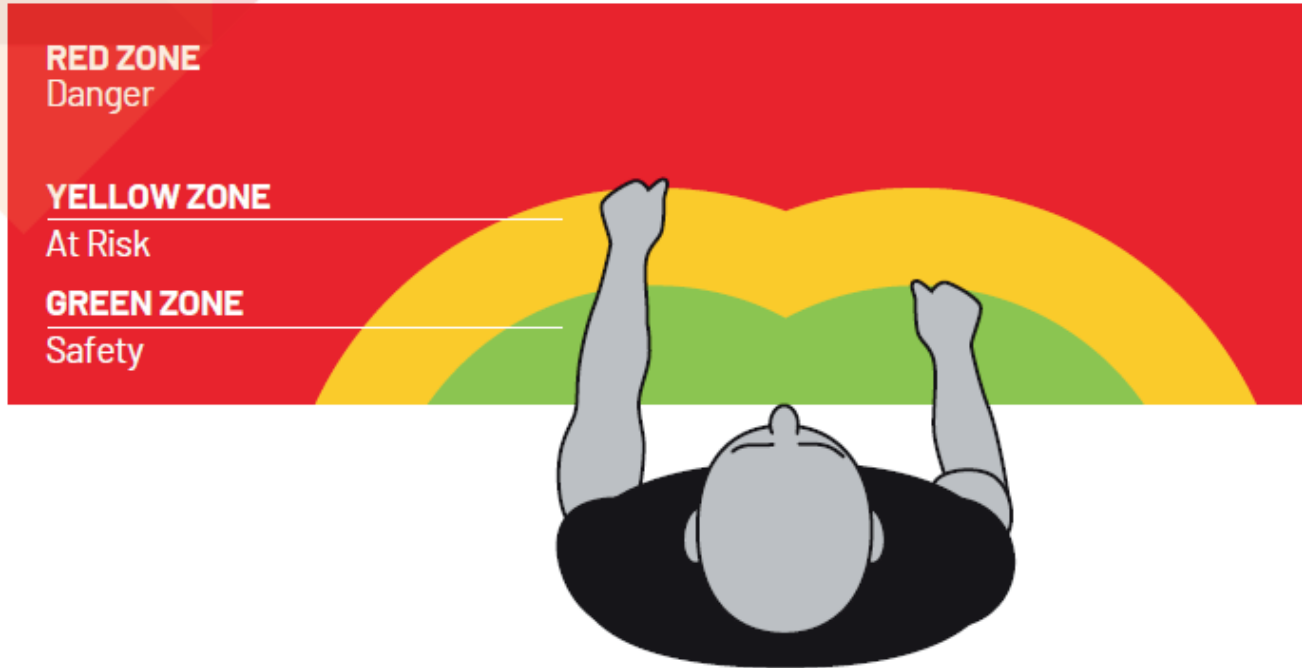
- Minimize the time you spend doing over head work. Over head work is extremely hard on the body and if not corrected will result in injuries
- Stay neutral, a neutral posture keeps you in the power zone where you are most efficient and least likely to get hurt.
- If picking things up off the ground, bend down at the knees, lowering you power zone to the floor—never bend at the waist, an act which puts you in the danger zone.
- Use common sense. If you try and do too much for too long you will get hurt.

Whenever possible work that is being done should be evaluated to see if it meets safe (green) zones in each power zone. If work is found to be outside the safe zone (red) then modifications should be considered. These modifications can include setting up the work space differently to utilizing tools to accomplish job tasks. The principles of power zones can be applied to physically demanding jobs as well as office work and desk set up.

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## Working in the Safe Work Zones (Continued)



**RED ZONE**  
Danger

**YELLOW ZONE**  
At Risk

**GREEN ZONE**  
Safety

### Green Zone: Safety

- Elbows are placed close to your body.
- Pivot point is your elbow.
- Less force is needed to lift, because weight is closer to your body.
- Low back muscles work less.

### Yellow Zone: At Risk

- Elbows are placed about six inches from your body.
- Pivot point is moved to your shoulder.
- Force moves to your shoulder and upper back. Force can be up to six times that of the green zone.
- Shoulder muscles rely on your back muscles for help.

### Red Zone: Danger

- Elbows are stretched out; arms reaching straight out from your body.
- Pivot point changes to your low back.
- Force on your low back can be up to a 50:1 ratio compared to the green zone.
- Back muscles are used to complete the task.

For more information on workplace ergonomics, and to learn how Poms & Associates' Ergonomics Program can make your workplace safer, contact **Karen Mestas-Harris** at [kmestas@pomsassoc.com](mailto:kmestas@pomsassoc.com) or **Erin Brannan** at [ebrannan@pomsassoc.com](mailto:ebrannan@pomsassoc.com).

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