

Ergonomic Bingo

Used transportation devices like carts forklifts and conveyors when possible to reduce the need to manually move material	Adjusted screen and/or equipment adjusted to accommodate my height	Engaging your core muscles as you push against the ground and straighten your leg when lifting	Reported a workplace hazard to EHS Team	Planting your feet shoulder-width apart with one foot slightly ahead of the other when lifting
Do Risk Assessment	Use Mechanical Aids to help lift	Pre-Shift Stretches	Assess Load	Replaced or added an anti-fatigue mat
Took a break to stretch	Visited MSK Team for minor aches and pains	FREE	Bending at the hips and knees only until you're deep in a squatting position when lifting	Keeping your head up and straight with your shoulders back to keep your back straight when lifting
Made a suggestion to EHS to improve ergonomics on the job	Standing as close to the load as possible	Moved frequently used materials within easy reach	Holding the load close to your body at waist height when lifting	Practiced good posture
Had the proper tools for the task	Changed position to avoid muscle fatigue	Replaced a tool that was damaged	Wore back wrist ankle knee support during difficult tasks	Engaged in light physical activity outside of work

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