

THE KINNECT FIVE



1

STRAIN THE BRAIN

Think about correct body mechanics to reduce the risk. Is there a way to eliminate or reduce manual handling? Assess the task and risks involved



2

LOVE THE LOAD

Keep the load as close as possible to your body
Closer to the load = less strain to your lower back



3

KEEP THE CURVE

Always maintain the curve in the lower back
Keeping a 'neutral spine' reduces force on the discs in the back



4

WINGS IN

Keep elbows and arms close by your side
Limit shoulder movement above 90 degrees



5

RULE OUT REPETITION

Break up tasks that are repetitive, heavy or awkward
Change postures and positions, even just for 15 seconds
Take micro-breaks & stretch

