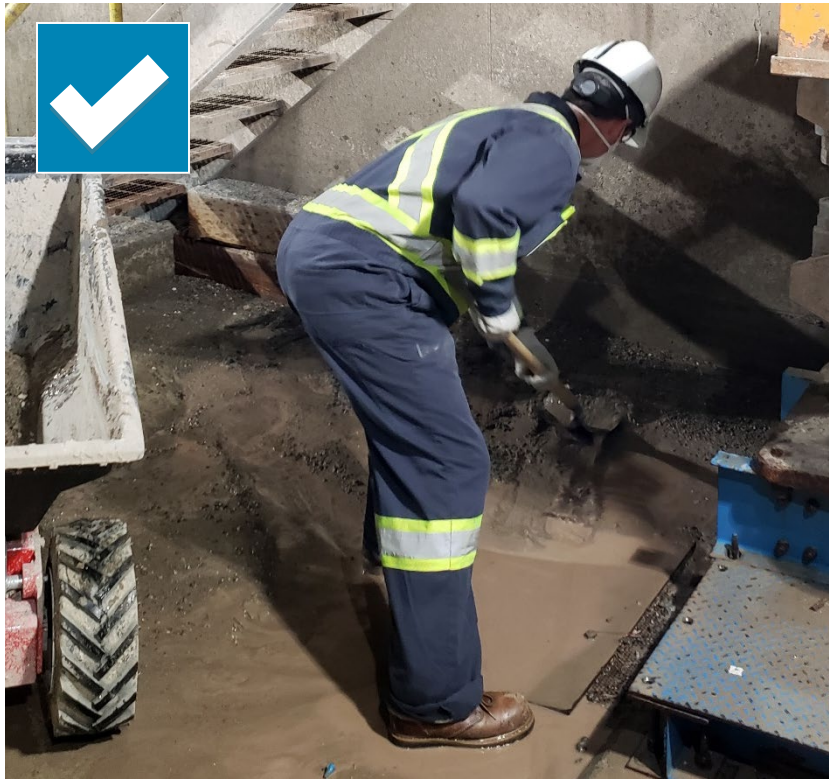


# MoveSafe® Moment

It Matters ... Posture & Movement. Use your work to keep you healthy.



**Movements like this help you get stronger!**

## Best Practices Shoveling

- Establish a wide, stable base.
- Bend at the hips and knees, **NOT** your low back
- Keep your head and chest up – get low by bending at your knees and hips.
- Anchor your shoulders.
  
- *Avoid twisting in tight areas!*
- *Avoid C-curve bending when reaching low!*



Physical Work Can Make You Stronger ... As Long As You MoveSafe®.