

It Matters...

Posture & Movement Habits.

Use your work to keep you healthy.



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

Best Practices – Shoveling

- Take a wide stance.
- Maintain a neutral spine and hinge at the hips to bend.
- Anchor shoulders before lifting the load.
- Take a step and avoid twisting.



**Movements like this get
you closer to injury.**