

Are you in the right leverage zone?

GREEN ZONE

BEST

- Elbows are close to your body, upper arms at your side perpendicular to the floor.
- Lower arms can reach frequently used materials, with your arm's pivot point at the elbow.
- Low back and shoulder muscles are at the most relaxed, natural position; your arm muscles are working at low capacity.

YELLOW ZONE

BETTER

- Elbows are six inches from your body, upper arms angled 45 degrees to floor.
- Upper arms and lower arms are used to reach workstation materials and equipment, but the pivot point is at the shoulder.
- Muscles must work much harder to offset the greater force applied to the shoulder. This leads to faster fatigue and discomfort in the shoulders and low back.

RED ZONE

AVOID

- Arms and elbows are fully extended from your body.
- The pivot point to move your arm is still at the shoulder, but more back muscles are used.
- There is a 100% increase in force in the shoulder and back compared to the Green zone. To hold the arm up, the muscles must work even harder. Fatigue and discomfort in the shoulder and back can be worse and can appear faster than in the Yellow zone.

