

# What Is Conscious Movement?

Conscious movement means being fully aware of your body, your surroundings, and the task at hand – **before and during every movement**. It is not about moving slowly; it is about moving *smartly*.

## Think Before You Move

Take a moment to plan your path, identify potential hazards, and prepare your body for the movement ahead.

## Stay Present – Avoid Distractions

Phones, conversations, and mental preoccupation are leading contributors to workplace injuries. Keep your attention on the task.

## Move with Control, Not Speed

Rushing is one of the top risk factors for injury. Controlled, deliberate movement protects you and those around you.

### The Risk Is Real

## Why This Matters

Sprains, strains, and falls are among the most common workplace injuries. The majority occur not from complex accidents, but from everyday moments – rushing to finish a task, losing focus, or moving without thinking about body mechanics. These injuries are largely preventable.

Conscious movement is the first and most powerful line of defense. When workers slow down, stay aware, and move with intention, injury rates drop significantly.

### OSHA References

- **29 CFR 1910 Subpart D** – Walking-Working Surfaces
- **29 CFR 1910.176** – Material Handling
- **General Duty Clause (Section 5(a)(1))** – Employer obligation to provide a hazard-free workplace

These regulations establish the legal framework for safe movement in the workplace. Compliance is not optional – it is a shared responsibility between employers and employees.

# Before & During Movement

## Before You Move

- Pause and assess your path
- Identify hazards — cords, clutter, wet floors
- Plan your movement before taking a step

A two-second pause before moving can prevent a two-week recovery. Scanning your environment for hazards is a habit that becomes second nature with practice.

## During Movement

- Walk — don't rush
- Keep eyes forward at all times
- Maintain balance and stable footing
- Use handrails whenever available
- Avoid carrying items that block your view

Maintaining awareness during movement is just as important as planning before it. Stay focused from start to finish.

# Lifting & Body Mechanics

Improper lifting is one of the leading causes of musculoskeletal injuries in the workplace. Following correct body mechanics protects your spine, joints, and muscles every time you handle a load.

## Keep Load Close to Your Body

The farther a load is from your center of gravity, the more strain it places on your back and shoulders.

## Bend Your Knees — Not Your Back

Use your legs as the primary lifting engine. Your back should remain straight and neutral throughout the lift.

## Avoid Twisting While Lifting

Rotate your entire body by moving your feet — never twist at the waist while holding a load.

## Ask for Help or Use Equipment

If a load is too heavy or awkward, use a dolly, forklift, or ask a coworker. No lift is worth an injury.



# Office Safety | Field Safety

## Office Safety

- Adjust chair and workstation ergonomically
- Stand and stretch every 30–60 minutes
- Keep walkways clear of cords and clutter

## Common Risk Factors

Office environments carry their own movement risks. Prolonged sitting, poor posture, and cluttered workspaces contribute to repetitive strain injuries and falls. Ergonomic adjustments and regular movement breaks are essential preventive measures.

## Field Safety

- Watch for uneven surfaces at all times
- Wear proper PPE — boots, gloves, and more
- Stay aware of surroundings: equipment, traffic, and weather conditions

Field environments introduce dynamic hazards that change throughout the day. Constant situational awareness, appropriate protective equipment, and deliberate movement are non-negotiable in these settings.



### Rushing or Multitasking

Speed and divided attention dramatically increase the likelihood of missteps, trips, and improper lifts.



### Poor Posture

Chronic poor posture strains muscles and joints over time, leading to cumulative injury even without a single dramatic incident.



### Carrying Too Much

Overloading yourself compromises balance, visibility, and body mechanics — a recipe for injury.



### Distractions

Phones and conversations pull attention away from the environment, making hazards invisible until it's too late.



### Fatigue or Feeling Unwell

Physical and mental fatigue impair judgment, reaction time, and coordination — all critical to safe movement.



# Simple Daily Practices

Injury prevention doesn't require major changes — small, consistent daily habits make an enormous difference over time.



## Stretch Before & During Work

Warm muscles are more resilient. Stretch at the start of your shift and during breaks to maintain flexibility and reduce strain.



## Stay Hydrated

Especially critical in heat. Dehydration impairs concentration and physical performance, increasing injury risk significantly.



## Take Micro-Breaks

Short, frequent breaks reduce fatigue accumulation and help you reset your focus and body mechanics throughout the day.



## Listen to Your Body

Pain, discomfort, and fatigue are warning signals. Acknowledge them early — don't push through at the expense of your health.



**1**

### **Stop & Reassess**

If something feels unsafe — **STOP**. Never proceed with a movement or task that feels wrong. Trust your instincts.

**2**

### **Report Hazards Immediately**

Don't wait. A hazard left unreported is a hazard waiting to injure someone. Speak up — it protects everyone.

**3**

### **Awareness is the Foundation**

Every safe action begins with awareness. Be present, be intentional, and move with purpose every single day.



**Training & Resources** — Scan the QR Code for access to: Safety Trainings, Injury Prevention Resources, and Reporting Tools. Your safety toolkit is always one scan away.