



## Key Messages

- **Wear proper foot wear for your job (thick insulating soles or insert shock-absorbing insoles).**
- **If the floor is hard, like concrete, consider using an anti-fatigue mat.**
- **Change your work and standing position. Change position frequently, consider an optional seat (Chair, sit/stand stool or footrest).**
- **If standing for a long time, try to keep the knees relaxed and unlocked. If possible put one foot on a low stool.**

Pictograms developed by the Institute for Work and Health and Workplace Safety & Prevention Services. Illustration found in *Cuidate: A simple guide for preventing muscle injuries at work* by the Northeast Center for Agricultural Health and Migrant Clinicians Network.

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