Farm Repetitive Strain Prevention Guide

A farm repetitive strain prevention guide with ordered steps for milking, picking, packing, and equipment tasks to reduce wrist, shoulder, and back injuries.

Farm / unit: _____ Date: _____ By: _____

1. List repetitive tasks on the farm
2. Vary tasks during the shift
3. Use tools that reduce grip force
4. Keep wrists in a neutral position
5. Adjust work heights
6. Take micro breaks
7. Stretch before and after work
8. Report pain early
9. Review tasks seasonally

YOUR NOTES

TIP See a doctor if pain, numbness, or tingling lasts, and report problems early before they become lasting injuries.

More farm satire, farm music and farm news at **farm.FM**

Related on farm.FM: Where's My Farm Bill?