

WORKING AS A SALES REPRESENTATIVE

Working as a Sales Representative

Working as a sales representative can be a demanding and hectic position, where the risk of musculoskeletal injuries is increased.



Hazard: Work Activities

Details	<ul style="list-style-type: none"> Your employer should ensure that you are trained to work in a way that reduces the risk of musculoskeletal injuries
Threat	<ul style="list-style-type: none"> Wrist, elbow, and shoulder Shoulder bursitis, back, and neck pain
Safe Work Guidelines	<ul style="list-style-type: none"> Alternate between sitting and standing to avoid fatigue Get up, stretch and move for 1 or 2 minutes before attempting to lift anything, if you have been sitting for a long time Test the weight of an object before trying to lift it Use safe lifting techniques; back straight, lift with your legs, hold the load near your body, and turn rather than twisting Use lifting devices or get help to move heavy articles Take regular mini breaks for stretching or moving to improve blood circulation and reduce muscle tension

Hazard: Work Area

Details	<ul style="list-style-type: none"> An ergonomist can help you set up your work station for maximum comfort and safety
Threat	<ul style="list-style-type: none"> Muscles, tendon and joint injuries
Safe Work Guidelines	<ul style="list-style-type: none"> Store heavy objects at waist height and light items on higher shelves Adjust counter height so that your work surface is at waist level when you are standing Wear comfortable, non-slip shoes with a good arch support and a sturdy heel cup Use anti-fatigue mats or put one foot at a time on a foot rest, if you stand for a long time

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