**Standard Precautions**

Standard Precautions are general statements that provide guidance on which movements to limit or avoid depending on the part of the body that is injured. The purpose of these precautions is to prevent further injury or worsen the current injury. Below are general precautions and do not outweigh medical professional advice.

**Back Precautions**

* Repetitive bending or trunk movements
* Lifting limitations
* Prolonged sitting, standing, walking – alternate activity
* Low level work
* Walking on uneven ground

**Neck Precautions**

* Repetitive neck movements
* Above shoulder or overhead activities
* Lifting limitations
* Ladder climbing

**Shoulder Precautions**

* Repetitive shoulder movement or against resistance
* Lifting limitation
* Above shoulder or overhead activities
* Holding arm outstretched for long periods of time

**Upper Extremity (elbow, wrist, hand) Precautions**

* Repetitive movement of the joint
* Repetitive gripping or vibration
* Limited lifting, pushing, or pulling
* Maintain work surface at waist height

**Lower Extremity (hip, knee, ankle, foot) Precautions**

* Repetitive movement of the joint
* Walking on uneven ground
* Climbing ladders or stairs
* Prolonged sitting, standing, or walking – alternate activities
* Squatting, kneeling or crouching