

# Task Recovery

DISCUSS WITH CREWS

mm/dd/yyyy

## WHY IT MATTERS

The fire and flood restoration industry involves heavy lifting, repetitive tasks, and awkward postures. Muscle fatigue increases the risk of Musculoskeletal Injuries (MSIs).

## WHAT IS MUSCLE FATIGUE?

Muscle fatigue occurs due to repetitive force and sustained awkward postures. This leads to injury. Signs include slower movements, weak grip, poor posture, increased effort, soreness.

## WHAT IS TASK RECOVERY?

Task recovery means taking a short, planned rest during work to allow your body to recover. This helps maintain job performance and reduce injury risk.

## USE MICRO-RECOVERIES

Take 30 seconds to 10 minutes depending on how strenuous your tasks is. Put your tools or work materials down. Stand up, stretch, move around.

## TIPS:

- Rotate tasks throughout the day
- Change your posture often
- Use team lifts for heavy objects
- Avoid pushing through fatigue
- Communicate with your team

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## REMEMBER

Short breaks don't slow you down - Fatigue does! Recover during work to stay productive and injury-free.

