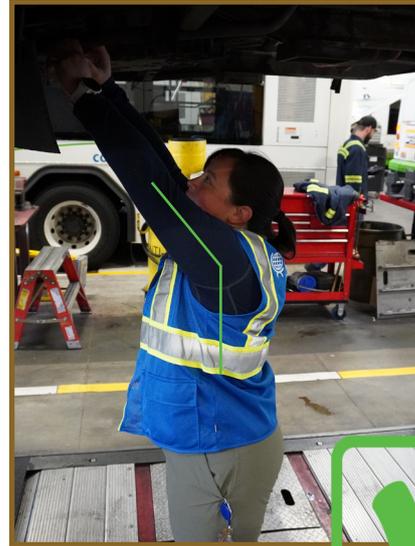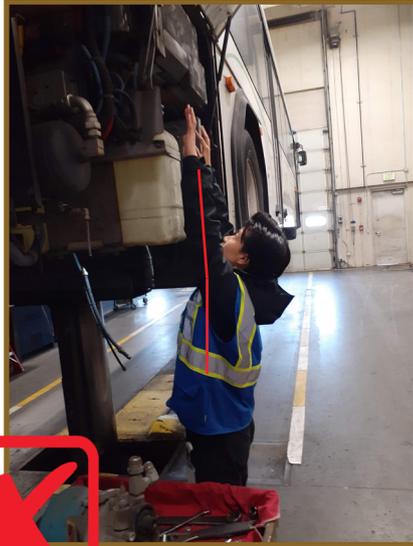# Overhead Working Tips

- **Keep work slightly in front of your body instead of directly overhead, this is easier on the shoulder joints and if something falls it won't land on your head**
- **Take breaks!**
- **During the breaks: stretch tired areas and get blood flow moving back into the arms**
- **Whenever possible, keep overhead work lightweight**
- **Work on strengthening your upper back, chest, and arm muscles to prevent injury**