



Safety Tip of the Week

Your Safety Is Our Business®

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Ergonomics

The purpose of ergonomics in the workplace is to create a better match between workers, the work they perform, and the equipment they use. A good match increases worker productivity and reduces ergonomic injuries.



Nearly every type of work or occupation has the potential for causing work-related muscular skeletal disorders (WMSDs). To prevent these injuries, it is important to understand the factors that contribute to them. Ergonomic factors refer to workplace conditions that pose the risk of injury to the musculoskeletal system of the worker.

Factors that contribute to the development of WMSDs include:

- Force – the strength to perform a task;
- Repetition – the frequency or number of times a task is performed during a shift;
- Posture – positioning of the body to perform a task;
- Vibration – this might come from overuse of power hand tools;
- Temperature – extreme temperatures are more harmful to the body;
- Duration – the amount of time in a workday spent performing work tasks;
- Non-work related issues – health, lifestyle, hobbies, and sports may add to the ergonomic risk factors; and
- Near misses are a red flag--a warning that something is very wrong and requires immediate attention.

Repetitive motion injuries are a growing concern in the workplace. Anyone who experiences numbness, tingling, or pain in his or her hands, arms, or neck should seek the advice of a supervisor. Changes in workstations and equipment can often alleviate these problems before they become chronic. Medical attention should be sought if the problem persists.

Awkward Positions...Unsafe Conditions!!