



Safety Tip of the Week

Your Safety Is Our Business®

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Ergonomics

Nearly every type of work or occupation has the potential for causing 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; and
- Non-work related issues – health, lifestyle, hobbies, and sports may add to the ergonomic risk factors.



Reducing WMSDs and/or the severity of WMSDs include:

- Reduce repetition or duration when possible. Job rotation can help.
- Understand what is adjustable at your work site.
- Report work-related pain and discomfort. When necessary, get a medical evaluation.
- Try new work methods and tools.
- Give suggestions for ergonomic job improvements.
- Exercise and maintain a healthy lifestyle.
- Use good ergonomic principles at home as well as work.
- Keep your work area organized and the area as clean as possible.
- Avoid temperature extremes.

Awkward Positions...Unsafe Conditions!!



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