



# Safety Tip of the Week

## Ergonomic Safety

Nearly every type of work or occupation has the potential for causing work-related musculoskeletal disorders (WMSDs).

### 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 Includes:

- Reducing repetition or duration when possible—job rotation can help;
- Understanding what is adjustable at your worksite;
- Reporting work-related pain and discomfort. When necessary, get a medical evaluation;
- Trying new work methods and tools;
- Giving suggestions for ergonomic job improvements;
- Exercising and maintain a healthy lifestyle;
- Using good ergonomic principles at home as well as work;
- Keeping your work area organized and as clean as possible; and
- Avoiding temperature extremes.

***AWKWARD POSITIONS = UNSAFE CONDITIONS!!***