



Safety Tip of the Week

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 are 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 that are 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.



Methods of Reducing WMSDs and/or the Severity of WMSDs Include:

- Reduce repetition or duration; when possible; Rotate tasks when possible.
- Understand what is adjustable at your worksite and keep your work area organized and clean.
- Report work-related pain and discomfort. When necessary, get 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, too.

AWKWARD POSITIONS...UNSAFE CONDITIONS!!