

Modifications to Reduce Ergonomic Risk



Modification of Risk Factors

1. Engineering controls
2. Administrative controls
3. Work Controls
4. Personal Protective Equipment

Engineering Controls

- Reduce the hazard by physically changing the job
 - Workstations
 - Tools
 - Equipment
 - Materials
 - Environment



Engineering Controls



Engineering Controls





What modification do you suggest?

Administrative Controls

- Job rotation
- Job task enlargement
- Change pace

Administrative Controls



Work Practice Controls

- Worker education to change work habits
 - Neutral positions / postures during tasks
 - Lifting technique
 - Micro-breaks / Reversal-Of-Posture

Work Practice Controls



Poor lifting technique



Improved



Work Practice Controls



Awkward shoulder position,
upper extremities generate most
of the force...



Better position, use of body to generate
force vs. just UE's



Personal Protective Equipment

- Barrier between the hazard and employee
- Examples
 - Knee pads
 - Kneeling pads
 - Anti-vibration gloves
 - Gel wrist rest



Reversal-Of-Posture Exercises

- Recommended once per hour
- Approx. 1 minute to perform
- An opportunity for movement, recovery, and restoration of circulation
- Offsets the risk of awkward postures, forceful exertions, repetition etc. especially when unable to eliminate these risks
- Benefits: increased productivity, decreased microtrauma, decreased fatigue at the end of the day, and reduced risk of WMSD for employee

Thank You!