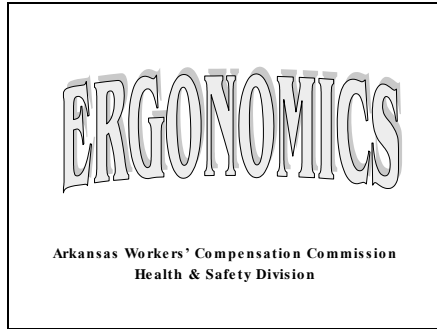
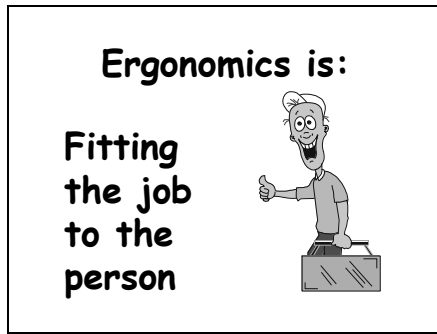


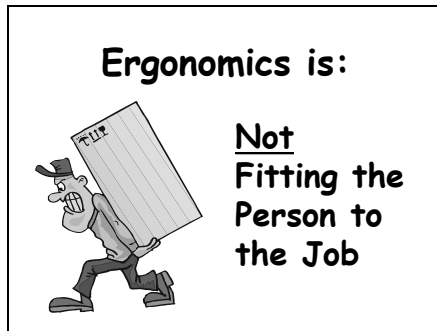
Slide 1



Slide 2



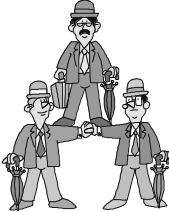
Slide 3



Slide 4

Ergonomics is:


Using your
body's
natural
strengths



Slide 5

Ergonomics is:

Working
smarter--
Not harder

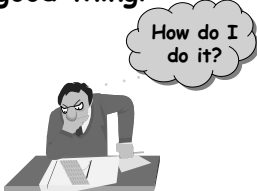


Slide 6

Ergonomics is:


A good thing!

How do I
do it?



Slide 7


"Rules of Ergonomics"
Rule 1:
"Your Mama was right."



Slide 8

Your Mama's Good Advice

- o Stand Up and Sit Up Straight
- o Don't Slouch
- o Your Face Might Freeze That Way




Slide 9

"Rules of Ergonomics"
Rule 2:
Big work needs Big muscles.
Little work needs Little muscles.

Slide 10

**BIG MUSCLES -
BIG WORK**

- Legs
- Upper arms
- Backside




- Lifting heavy loads
- Long duration or forceful jobs

Slide 11

**LITTLE MUSCLES -
LITTLE WORK**

- Hands/Fingers
- Neck
- Eyes



- Positioning
- Tracking
- Precision

Slide 12

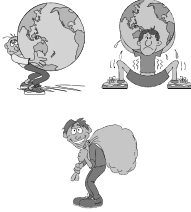
"Rules of Ergonomics"

Rule 3:
**There's more to lifting
than bent knees.**

Slide 13

Checklist for lifting tasks:

- > Weight of Load
- > Center of Gravity
- > Load Stability
- > Grip
- > Footing
- > How Often
- > Bending or Twisting



Slide 14

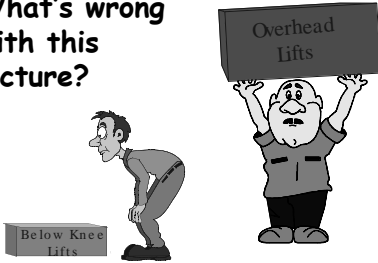
"Rules of Ergonomics"

Rule 4:

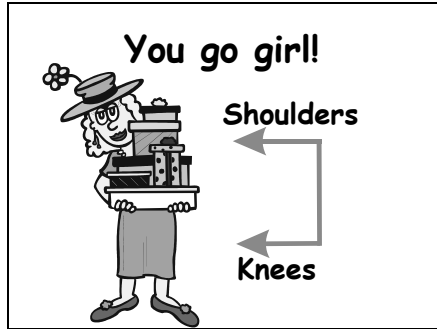
If you don't put it down, you won't have to pick it up.

Slide 15

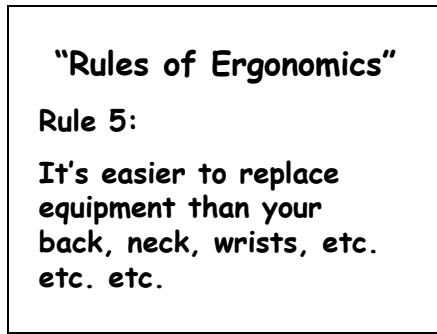
What's wrong with this picture?



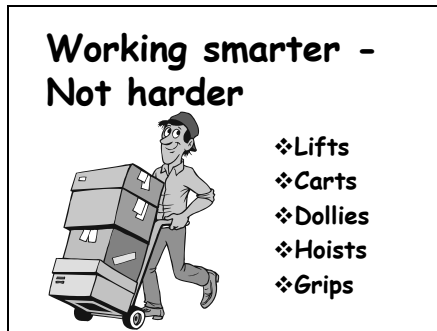
Slide 16



Slide 17



Slide 18



Slide 19

"Rules of Ergonomics"

Rule 6:

**Just because the label
says it's "ergonomic"
doesn't mean it is.**

Slide 20

Signs it might be "ergonomic"

- ✓ Easily Adjustable
- ✓ Sturdy
- ✓ Promotes Good Body Mechanics
- ✓ No "One-Size-Fits-All"



Slide 21

"Rules of Ergonomics"


Rule 7:

**...and even if it is
"ergonomic", you have
to use it properly.**

Slide 22

Make it work for you!

- ☞ Read the Manual
- ☞ Ask
- ☞ Know What You Are Shooting For
- ☞ Re-Adjust for Different People



Slide 23

"Rules of Ergonomics"

Rule 8:

Force & Position


vs

Rapid & Repetitive

Slide 24

Force & Position

- ☞ Good Lifting vs Bad Body Mechanics
- ☞ Hands: Power vs Pinch Grip
- ☞ Force + Awkward Positions = Problems




Slide 25

"Rules of Ergonomics"

Rule 9:

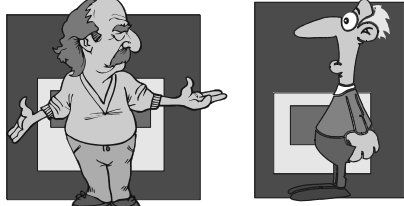
No chicken wings!



Keep your elbows by your sides.


Slide 26

Elbow Zones



Slide 27

Neutral Posture





Standing neutral posture

Seated neutral posture

Slide 28


Ergonomics at Work



Risk of injury from heavy lifting A cart reduces risk of injury


Slide 29

Heavy Lifting



Slide 30

Frequent Lifting



Slide 31

Awkward Lifting

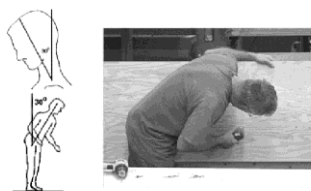


Slide 32

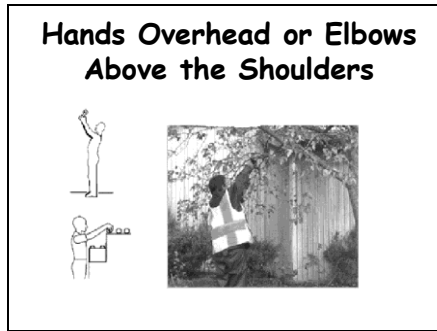
More awkward positions

Slide 33

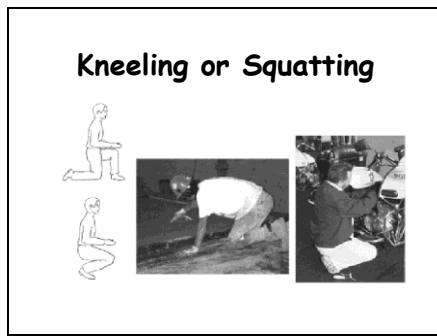
Neck or Back Bent Over



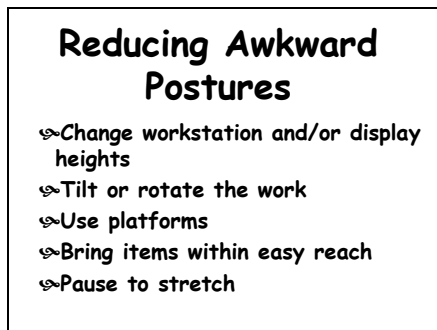
Slide 34



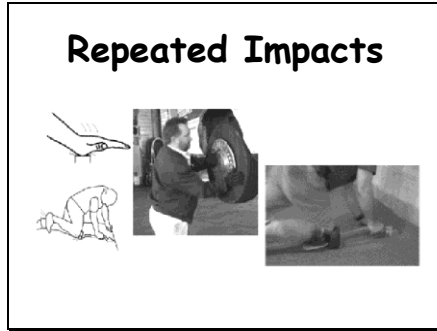
Slide 35



Slide 36



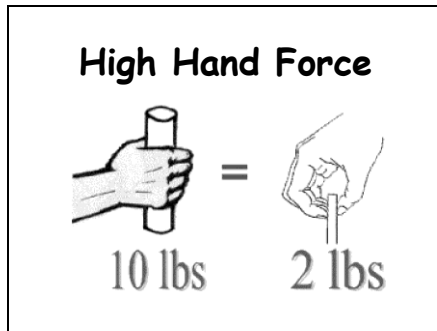
Slide 37



Slide 38



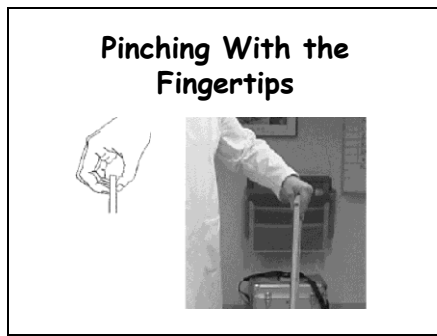
Slide 39



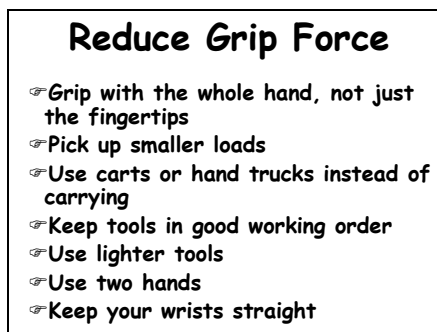
Slide 40



Slide 41



Slide 42



Slide 43

Highly Repetitive Motion



Slide 44

Reducing Repetition

- Arrange work to avoid unnecessary motions
- Let tools or machinery do the work
- Spread repetitive work out during the day
- Take stretch pauses
- Rotate task with co-workers if possible
- Change hands or motions frequently

Slide 45


Vibration



Slide 46


Reducing Vibration

- Use low vibration tools if available
- Maintain tools
- Use anti-vibration gloves or tool wraps
- Keep hands warm



Slide 47

Intensive Keying



Slide 48

Reducing Intensive Keying

- Spread keyboard work throughout the day
- Take stretch pauses
- Improve your posture and move around as much as possible

Slide 49

"Rules of Ergonomics"

Rule 10:

**Wherever you go,
there you are.**

Slide 50

**Practice good
ergonomics off the
job, too!**

✓ Good posture

✓ Safe lifting

✓ Work/rest cycles

✓ Avoid awkward postures



Slide 51

THANK YOU!
