

# Ergonomics



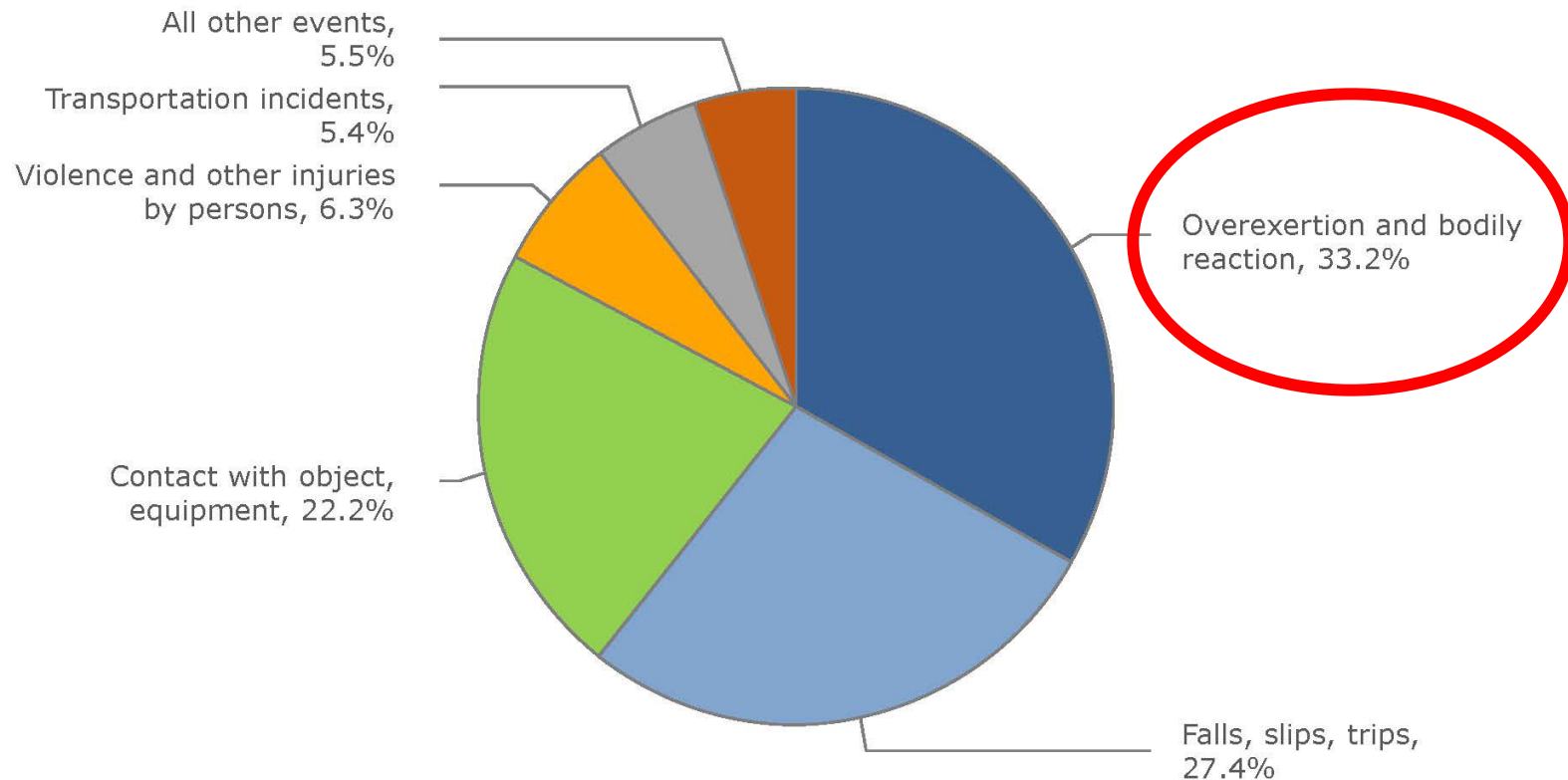
# Introduction

Lesson objectives:

1. Identify common work-related musculoskeletal disorders (MSDs).
2. Recognize risk factors associated with work-related MSDs.
3. Identify ergonomic control methods for eliminating/reducing work-related MSDs.

# Introduction

Distribution of injuries and illnesses by event or exposure,  
all ownerships, 2014



This chart shows how MSDs compare to other hazards based on percentage of injuries and illnesses using statistics from the Bureau of Labor Statistics, FY2014.

# Introduction

## Ergonomics

“The scientific discipline concerned with understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, methods and data to design in order to optimize human well-being and overall system performance”



# Introduction

Ergonomics means

**“fitting the job to the worker,”**

including:

- Work stations
- Tools
- Equipment

*Ergo = Work*

*Nomos = Law*

# Introduction

Why is ergonomics important?

- Overexertion leading cause of injuries
  - Most costly
  - Recurring/Persistent pain may develop in future
- Bodily reaction is another leading cause of injuries in workplace
- Repetitive motion also within top 10 most common workplace injuries

# Common Work-Related MSDs

## Musculoskeletal Disorders (MSDs)

- Affect the muscles, nerves, blood vessels, ligaments, and tendons
- Symptoms
  - Discomfort
  - Pain
  - Numbness
  - Loss of motion/flexibility
  - Spasticity
  - Stiff joints
  - Burning
  - Swelling
  - Tingling
  - Inflammation
  - Throbbing
  - Paralysis

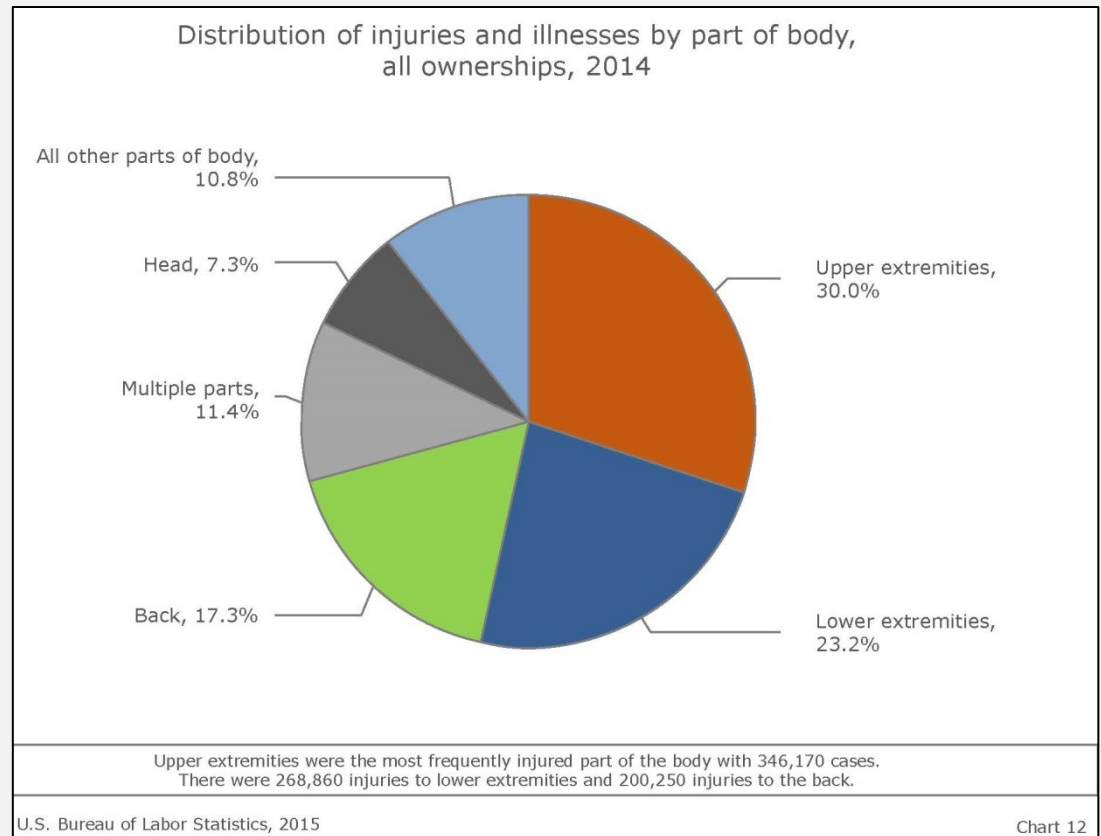
# Common Work-Related MSDs

- Common MSD disorders:
  - Carpal Tunnel Syndrome
  - Tennis Elbow
  - Bursitis
  - Ischemia
  - De Quervain's
  - Sciatica
  - Herniated Discs
  - Neck strain/disability
  - Tendinitis
  - Rotator Cuff
  - Neuritis
  - Reynaud's Syndrome
  - Trigger Finger
  - Thoracic Outlet Syndrome
  - Epicondylitis
  - Back strain/disability

# Common Work-Related MSDs

Most commonly affected areas:

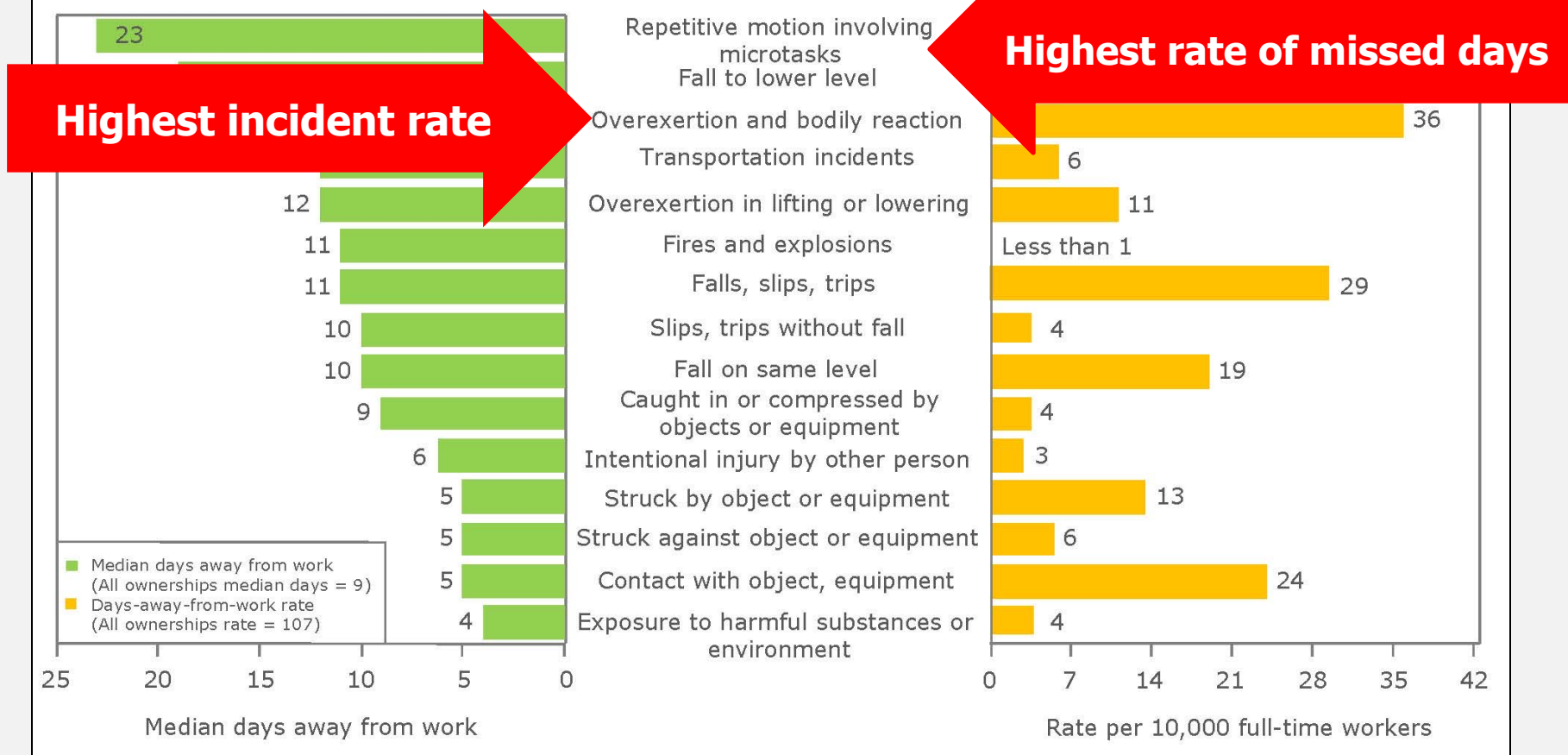
- Back
- Arms, Elbows, and Shoulders
- Neck
- Hands, Wrists, and Fingers
- Knees, Ankles, and Feet



This chart shows a distribution of injuries and illnesses to body parts due to MSDs using statistics from the Bureau of Labor Statistics, FY2014.

# Common Work-Related MSDs

Median days away from work and incidence rate due to injuries and illnesses by event or exposure, all ownerships, 2014



Source: Bureau of Labor Statistics

# Risk Factors Associated with MSDs

## Risk factors of MSD injuries:

- Dependent upon:
  - Work positions and postures
  - How often task is performed
  - Level of required effort and duration of task

# Risk Factors Associated with MSDs

- Examples of risk factors include:
  - Exerting excessive force
    - Lifting heavy objects/people
    - Pushing or pulling heavy loads
    - Manual pouring materials
    - Maintaining control of equipment or tools
  - Performing same/similar tasks repetitively



Source: OSHA



# Risk Factors Associated with MSDs

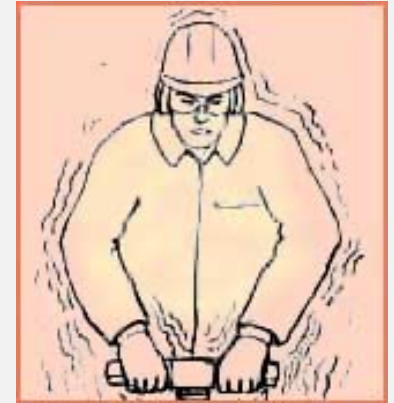
- Working in awkward postures or same postures for long periods
  - Prolonged/repetitive reaching above shoulder height
  - Kneeling
  - Squatting
  - Leaning over a counter/bending
  - Using a knife with wrists bent
  - Twisting the torso while lifting
- Localized pressure into the body part
  - Pressing the body/part of the body against hard or sharp edges
  - Using the hand as a hammer



Source: OSHA

# Risk Factors Associated with MSDs

- Cold temperatures  
(in combination with other risk factors)
- Vibration
  - Whole body
  - Hand-arm
- Combined exposure to several risk factors



Source of graphics: OSHA

# Ergonomic Control Methods

Methods of protecting against MSDs:

- Establish ergonomics program
  - Training
  - Feedback from all levels
- Conduct job hazard analysis (JHAs)
- Early recognition and reporting of potential MSDs

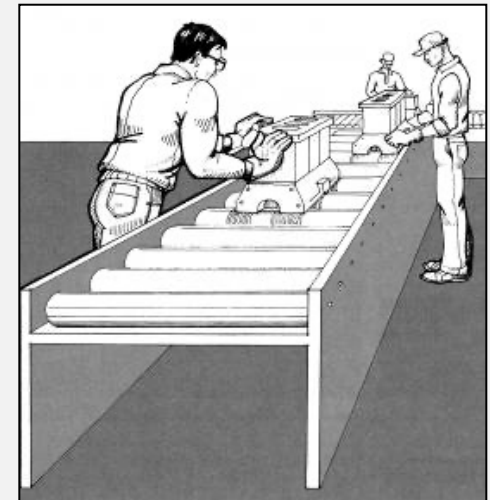
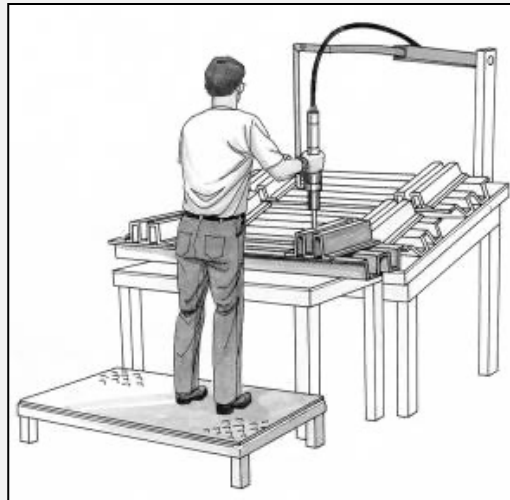
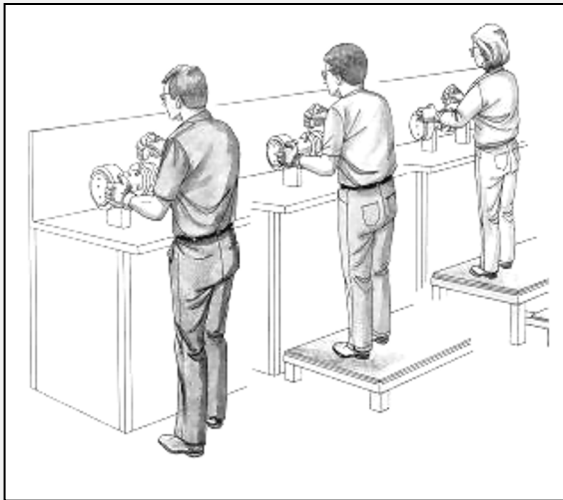
# Ergonomic Control Methods

Job Hazard Analysis		
Tasks	Hazards	Controls

This table provides an example of a tool that can be used when conducting a job hazard analysis. The first column provides a list of tasks performed by a job; the middle column is provided for listing identified hazards; and, the third column provides a list of controls that can be used to mitigate the hazards.

# Ergonomic Control Methods

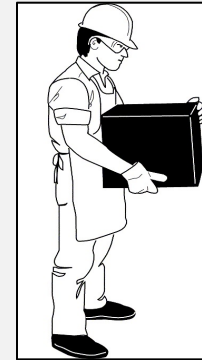
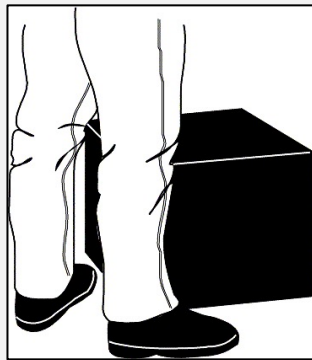
- Examples of **engineering controls**
  - Work station design and setup
  - Ergonomically designed tools
  - Ergonomically designed equipment
  - Load weight reduction



Source: OSHA (International Labor Organization)

# Ergonomic Control Methods

- Examples of **proper work practices**:
  - Proper lifting techniques (NIOSH)
  - Team lift heavy/bulky/awkward loads
  - Stretch
  - Work rotation
  - Task variety
  - Increase rest breaks



Source of graphics: OSHA

# Ergonomic Control Methods

- Examples of **PPE**:
  - Gripping gloves
  - Knee pads
  - Vibration gloves
  - Thermal gloves
  - Lifting straps
  - Shoulder harness
  - Lifting braces

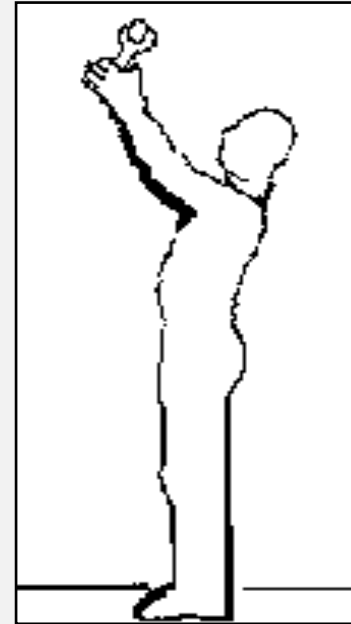


Source of graphics: OSHA

# Ergonomic Control Methods

Physical ergonomic **hazards** and **solutions**:

- Reaching above the head/shoulders - **hazards**
  - Working with the hands above head for more than 2 hours per day

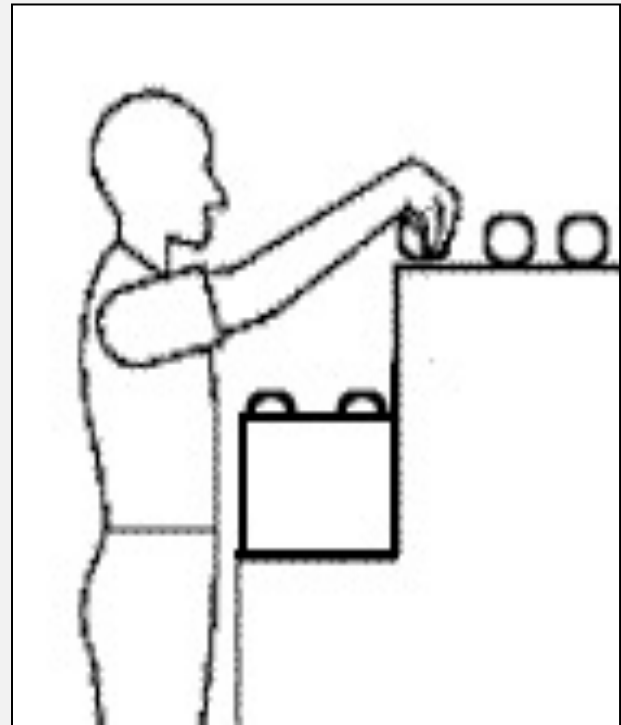


Source of graphics: OSHA



# Ergonomic Control Methods

- Working with the elbows above shoulders for more than 2 hours per day



Source of graphics: OSHA

# Ergonomic Control Methods

- Reaching above the head/shoulders - **solutions**
  - Keep items within close reach
  - Elevate work areas



Source: NIOSH



Source: NIOSH



Source: OSHA

# Ergonomic Control Methods

- Reaching above the head/shoulders - **solutions**
  - Remove obstacles
  - Utilize equipment to raise and lower items or move items closer to worker



Source: OSHA



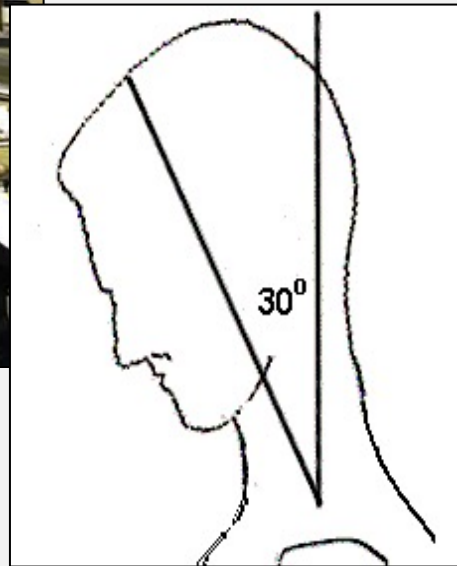
Source: OSHA



Source: NIOSH

# Ergonomic Control Methods

- Awkward body postures - **hazards**
  - Working with the neck or back bent forward more than  $30^{\circ}$  for more than 2 hours per day

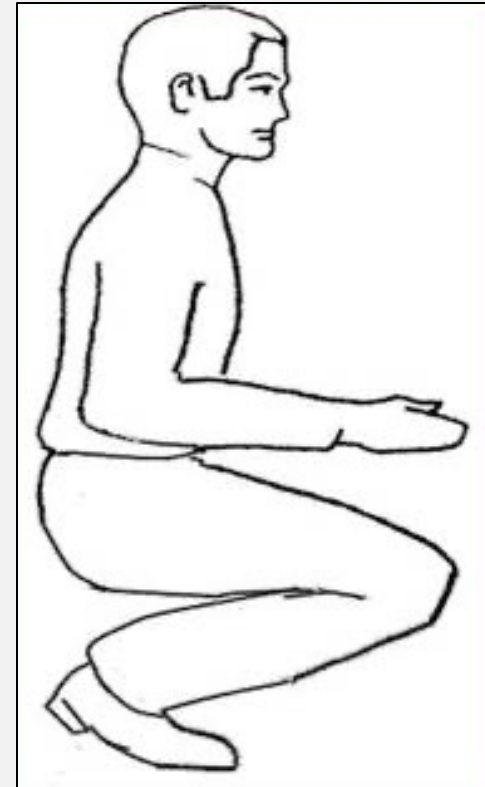


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# Ergonomic Control Methods

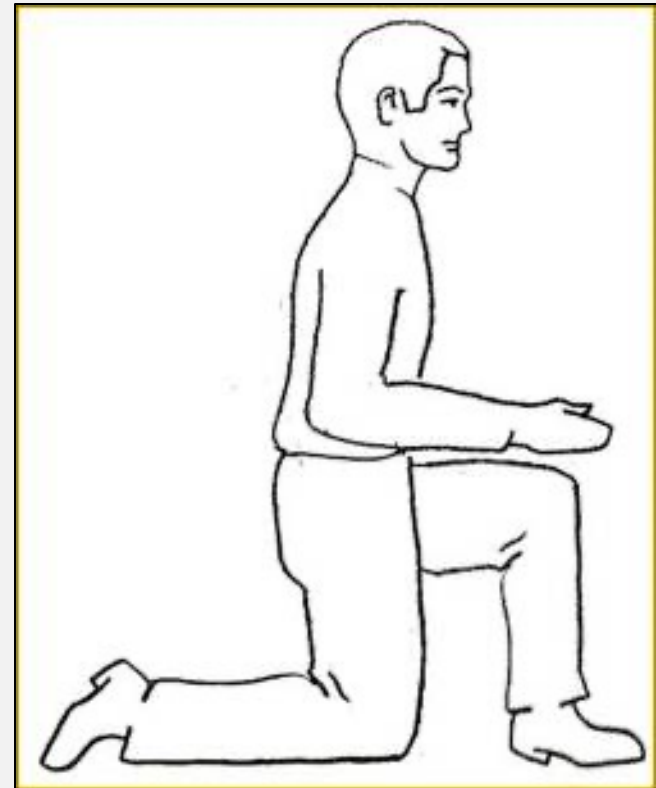
- Squatting for more than 2 hours per day



Source of graphics: OSHA

# Ergonomic Control Methods

- Kneeling for more than 2 hours per day



Source: OSHA

# Ergonomic Control Methods

- Awkward body postures - **solutions**
  - Raise and/or tilt the work for better access
  - Use a stool for ground-level work



Source: OSHA



Source: NIOSH



Source: OSHA

# Ergonomic Control Methods

- Awkward body postures - **solutions**
  - Use tools with longer handles
  - Alternate between bending, kneeling, sitting, and squatting



Source: OSHA



Source: NIOSH



Source: OSHA



# Ergonomic Control Methods

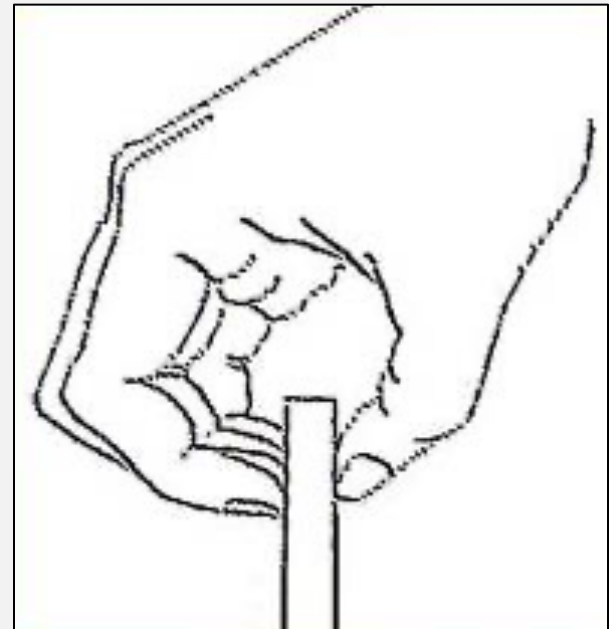
- Awkward grips - **hazards**
  - Gripping 10 or more pounds or force for 2 or more hours per day



Source of graphics: OSHA

# Ergonomic Control Methods

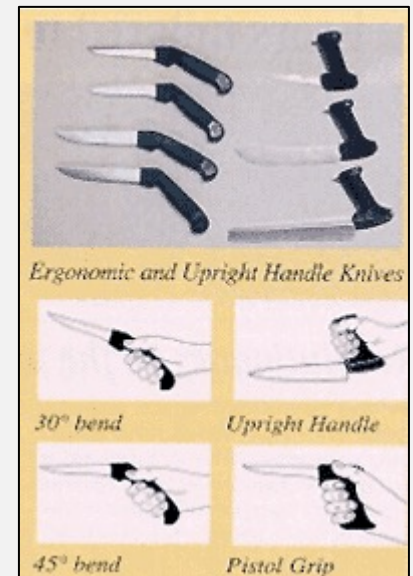
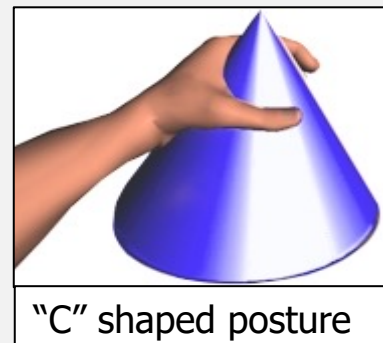
- Awkward grips - **hazards**
  - Pinching 2 or more pounds of weight or 4 or more pounds of force for 2 or more hours per day



Source of graphics: OSHA

# Ergonomic Control Methods

- Awkward grips - **solutions**
  - Design work layout to reduce hand-carrying
  - Reduce amount of items carried at one time
  - Use non-pinch grip postures
  - Use ergonomically designed tools/aids
  - Use job/task rotation



Source of graphics: OSHA

# Ergonomic Control Methods

- Repetitive motions - **hazards**
  - Repeating same motion for more than two hours per day with hands, wrists, elbows, shoulders, or neck



Source: OSHA



# Ergonomic Control Methods

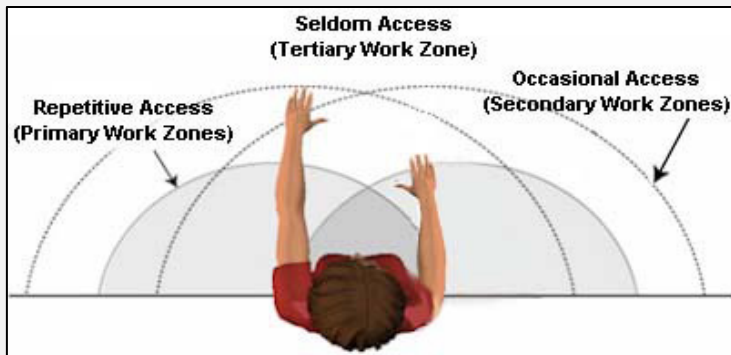
- Repetitive motions - **hazards**
  - Intense keying for more than 4 hours per day



Source: OSHA

# Ergonomic Control Methods

- Repetitive motions - **solutions**
  - Arrange work to avoid unnecessary motions
  - Let power tools and 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



Source of graphics: OSHA



# Ergonomic Control Methods

- Localized pressure on body part - **hazards**
  - Pressing the body/part of the body against hard or sharp edges
  - Standing/kneeling for prolonged periods on hard surfaces
  - Using tools with hard handle surfaces or short handles

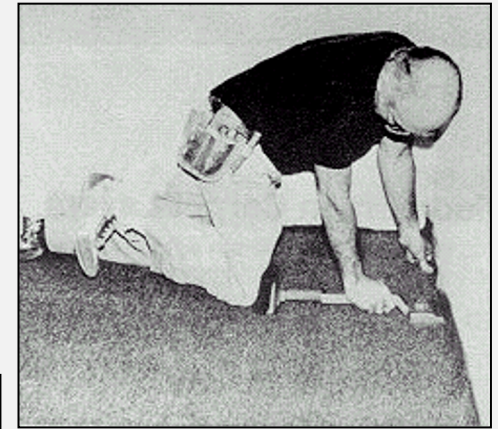
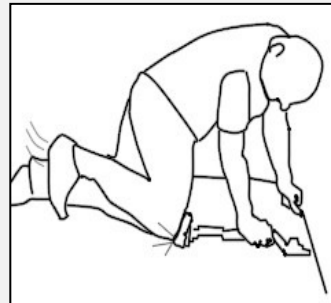
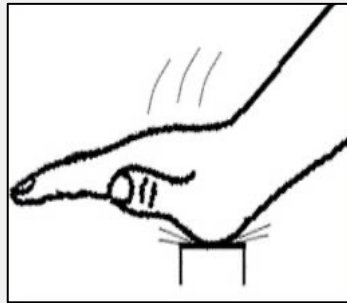


Source of graphics: OSHA



# Ergonomic Control Methods

- Localized pressure on body part - **hazards**
  - Using hands/knees as a hammer more than 10 times in 1 hour or more than 2 times per day (long-term)

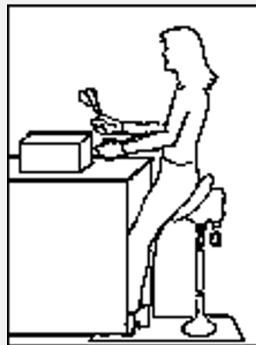


Source of graphics: OSHA



# Ergonomic Control Methods

- Localized pressure on body part - **solutions**
  - Use tools with longer handles
  - Use tools with padded grips
  - Alternate between bending, kneeling, sitting, and squatting; use sit/stand stools or tables

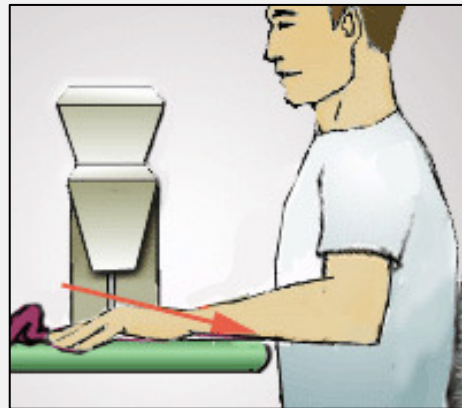


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# Ergonomic Control Methods

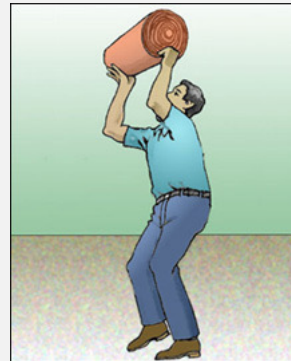
- Localized pressure on body part - **solutions**
  - Pad table edges or use tables/desktops with rounded edges
  - Use wrist rests, anti-fatigue mats, knee pads, shoe inserts or other items that reduce stress on body parts



Source of graphics: OSHA

# Ergonomic Control Methods

- Lifting objects - **hazards**
  - Lifting more than
    - 75 lbs. once/day
    - 55 lbs. ten times/day
    - 10 lbs. more than twice/minute or for more than 2 hours/day
    - 25 lbs. above shoulders, below knees, or at arms length more than 25 times/day



Source of graphics: OSHA



# Ergonomic Control Methods

- Lifting objects - **hazards**
  - Heavy, frequent, and awkward lifting



Source of graphics: OSHA



# Ergonomic Control Methods

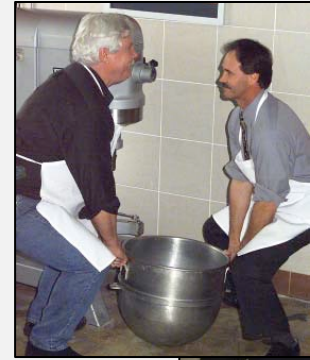
- Lifting - **solutions**
  - Managing for safer lifting
    - Plan lifts
    - Minimize lifting distances
    - Position materials to power zone levels
    - Avoid manually lifting/lowering loads to/from floor
    - Identify/reduce unstable or heavy loads
    - Reduce frequency of lifting and duration of lifting tasks
    - Provide clear access



Source of graphics: NIOSH

# Ergonomic Control Methods

- Lifting - **solutions**
  - Employee guidelines for safer lifting
    - Stretch before lifting
    - Check for tags on loads
    - Test load for stability and weight
    - Plan the lift
    - Use proper lifting techniques – grip; two hands; smooth, even motions; load close to body; legs to push up and lift load; avoid twisting; alternate with less physically demanding tasks; rest breaks
    - Get assistance when necessary



Source of graphics: OSHA



# Ergonomic Control Methods

- Lifting - **solutions**
  - Use proper lifting techniques

**Caution:** This technique may be effective only if loads are small, light-weight, and can easily fit between the knees.



Keep the load close to your body and lift by pushing up with your legs.

Source: NIOSH

# Ergonomic Control Methods

- Lifting - **solutions**
  - Use proper lifting techniques



Lean the sack onto your kneeling leg.



Slide the sack up onto your kneeling leg.



Slide the sack onto the other leg while keeping the sack close to your body.



As you stand up, keep the sack close to your body.



Source: NIOSH

# Ergonomic Control Methods

## Vibration – **hazards**

- Moderate – more than 2 hours per day
- High – more than 30 minutes per day
- Prolonged



Source of graphics: OSHA

# Ergonomic Control Methods

## Vibration – **solutions**

- Use low-vibration tools and devices that may reduce vibration (tool balancers, extension handles, vibration isolators, damping techniques)
- Adequate rest periods
- Rotate jobs
- Maintenance
- PPE



Source of graphics: OSHA

# Ergonomic Control Methods

## Environmental ergonomic hazards:

- Amplify/increase risk of MSDs
- Examples
  - Hot weather
  - Cold weather – affects worker coordination and dexterity
  - High-temperature indoor (steam rooms, attics)
  - Cold-temperature indoor (walk-in freezers, cold process rooms)
  - Low visibility

# Five Key Points to Remember

- Ergonomics can help you on your job
- WMSDs can happen in jobs with risk factors
- Risk factors can be reduced and WMSDs prevented
- Reporting signs and symptoms early is important
- You can help put ergonomics changes into place