



ERGONOMICS

WHAT IS ERGONOMICS?

Ergonomic is the relationship between the worker and the job and focuses on the design of work areas or work tasks to improve job performance.

Several factors play a role in ergonomics; these include;

- Body posture and
- Movement (sitting, standing, lifting, pulling, and pushing)
- Environmental factors (noise, lighting, temperature, and humidity).

Ergonomics is not only related to Display Screen Equipment (DSE)/computer use, it is relevant to all workplaces and work tasks e.g. Manual Handling of objects and people, environmental factors, workstations for both DSE work and non DSE work.

Ergonomic Risk Factors to consider in your work are

- Awkward postures
- Forceful exertions
- Insufficient rest breaks
- Lighting, including glare
- Temperature(Cold/Hot)
- Bending, lifting
- Repetitive motions
- Noise
- Improper adjustment of the equipment

MUSCULOSKELETAL DISORDERS (MSDs)

Poor ergonomics can lead to musculoskeletal disorders also known as Work-Related Upper Limb Disorders (WRULDs) and Repetitive Strain Injuries (RSIs). These are soft tissue injuries that affect the muscles, tendons, nerves, ligaments, joints, and blood vessels.

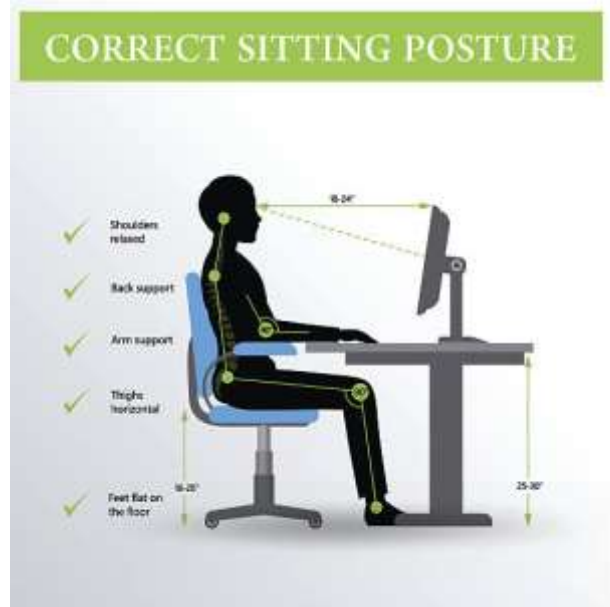
Control Measures

Engineering control

- Breaking down task and weight loads to reduce the exertion necessary by employees
- Limiting employee exertion by using equipment for heavy lifting.
- Redesigning workspaces to accommodate individuals to reduce strain and improve posture.
- Ensuring that all workspaces provide employees the full range of motion required to complete a task.
- Reposting objects and surfaces such as tables in the workplace to reduce the need for reaching.

Administrative Control

- Provide the employee with break periods that help to reduce short-term strain.
- Adjusting the pace of work to reduce exertion.
- Rotate employees working in repetitive or strenuous tasks, to reduce exposure.
- Store objects and tools where employees can retrieve them while maintaining a neutral position.
- Label any heavy loads with their weight amount.
- Place requirements on weight loads by introducing group lifting policies.



Safety isn't expensive, it's priceless

Prepared By
VISHNU CHANDRAN