

ERGONOMIC SAFETY

OSHA estimates each year approximately 349,049 lost time injuries with musculoskeletal disorders were reported.

What is Ergonomics?

Ergonomics is fitting the job to the person and is a continuous improvement effort to design the workplace for what people do well, and design against what people don't do well.

The goal of ergonomic design is to optimize the workplace for maximum productivity and safety.

Musculoskeletal Disorders (MSDs)

MSD's are disorders of the muscles, nerves, tendons, ligaments, joints cartilage or spinal discs that are the result of exposure to ergonomic risk factors over time (months and years of overuse).

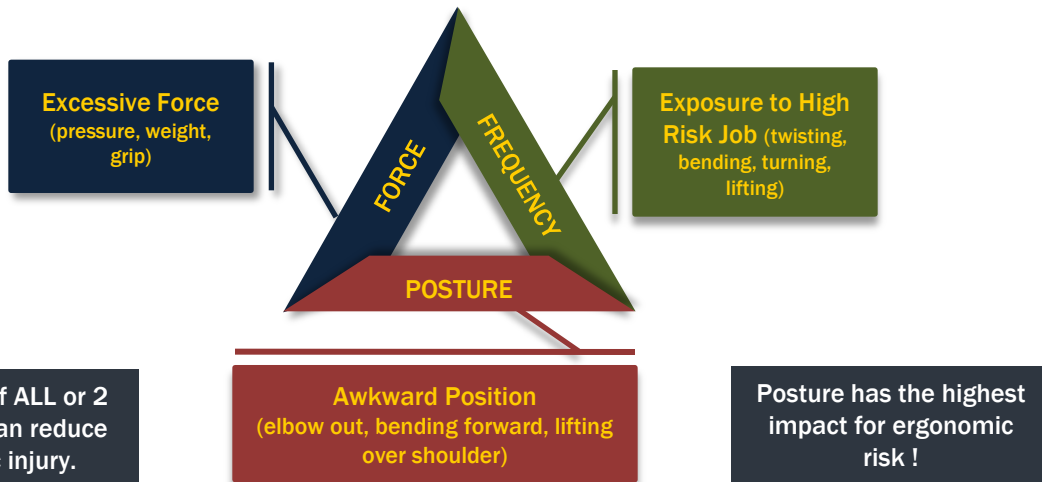
MSDs are not the result of an instantaneous or acute event such as slip, trip or fall. However, sprains and strains classified as overexertion injuries can result from heavy material handling and typically are classified as acute injuries.



High Risk Activities

- Static Posture
- Awkward Posture
- Overhead Work
- Twisting & Carrying
- Bending Forward
- Lifting Bulky Loads
- Contact Stress
- Wrist Deviation
- Poor Shoulder
- Repetition
- Forceful Exertion
- Vibration

Three primary risk factors of ergonomic injury:



Check for Understanding

- Give 3 primary risk factors of ergonomic injury.
- How can you eliminate risk factors to reduce ergonomic injury?
- Out of 3 risk factors, which factor has the highest impact?



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TRAINING ROSTER

Date	Shift / Crew	Trainer
No	Employee Name	Employee Signature
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
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20		
Follow-up / Recommendations / Corrective Actions		

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