

# 7 ERGONOMICS TIPS

## To Reduce Injuries in the Manufacturing Work Environment

The goal of ergonomics is to prevent soft tissue injuries and musculoskeletal disorders (MSDs) caused by sudden or sustained exposure to force, vibration, repetitive motion, and awkward posture.

**Work-related musculoskeletal disorders (MSDs) are common in manufacturing.**

According to OSHA, they are among the most frequently reported causes of lost or restricted work time, accounting for 33% of reported worker injury and illness cases.

### WORK-RELATED MUSCULOSKELETAL DISORDERS (MSDS)

#### SYMPTOMS

Tingling/Burning Sensation

Pain

Weakness

#### DISORDERS

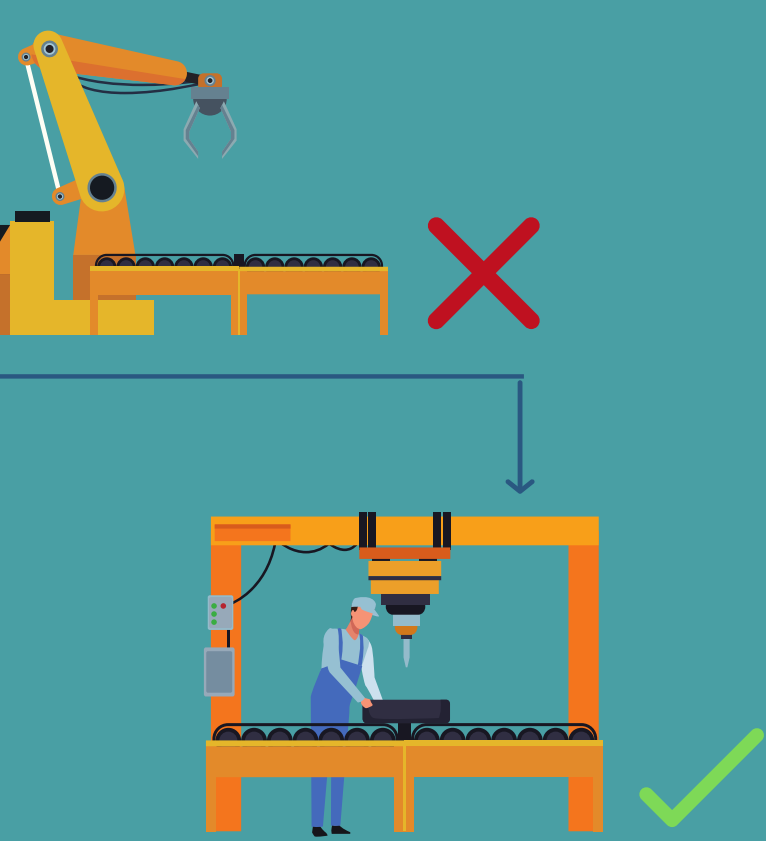
Carpal Tunnel Syndrome

Tendinitis

Epicondylitis

### DEVELOPING AND IMPLEMENTING WORKPLACE CONTROLS

Ergonomic tips for reducing, eliminating, or controlling workplace hazards.



Reposition work stations to enable working in neutral positions.



Use a device to lift and reposition heavy objects to limit force exertion.

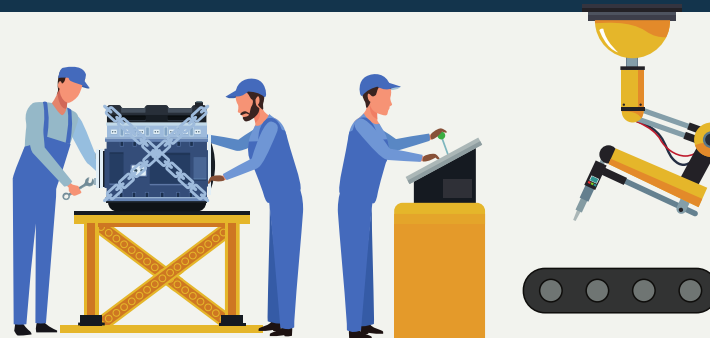


Reduce the weight of loads to limit force exertion.

### ADMINISTRATIVE AND WORK CONTROLS



Require that heavy loads are only lifted by two people to limit force exertion.



Design a job rotation for employees to rotate between jobs using different muscles.

### PERSONAL PROTECTIVE EQUIPMENT CONTROLS



Use padding to reduce direct contact with hard, sharp, or vibrating surfaces.



Wear fitted thermal gloves to combat cold conditions.

Sources - OSHA.gov, CDC.gov