

ERGONOMICS



What's That?

What is Ergonomics?

Ergonomics is the process of fitting the job to the worker. It is the design of machinery, tools and the way work is done in order to reduce stress on the body. It emphasizes how people do their work and what body movements they make and positions they hold while working. It also emphasizes what tools and equipment workers use and what effect all of these have on their comfort and health.



What are some ways to identify ergonomic problems?

There are six basic risk factors associated with ergonomic problems:

1. REPETITION:



When a job requires repeated activity using the same part of the body.

2. EXCESSIVE FORCE:

When a worker has to continually use a lot of force when lifting, pushing or pulling.

3. AWKWARD POSTURE:



When a job task forces a worker to maintain an uncomfortable position.

4. MECHANICAL STRESS:



When a worker must constantly hit or push a hard part of a machine or a tool.

5. VIBRATING TOOLS OR MACHINES:



When a worker must hold vibrating equipment, especially when the temperature in the workplace is cold.

6. TEMPERATURE:

When a worker has to work under very cold or very hot conditions.