

# IDEAS THAT WORK!

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## *How to solve ergonomic problems*

Ergonomically designed workplaces are suited to the needs of the body of the people doing the job. “Ergonomic solutions” mean finding ways to change the work environment so that it is less stressful to the body. Many of the solutions for ergonomic problems come from workers because they are the ones that feel the impact of work on their body everyday.



## **Solutions include:**

### **Changing machinery, workstations or tools**

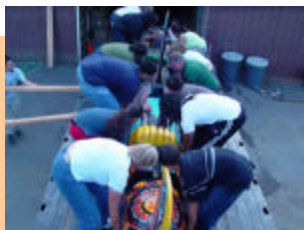


- Designing and using tools that do not make workers bend their wrists.
- Giving workers adjustable stands.
- Giving workers sharper knives or scissors that make it easier to cut.

- Lowering the height of the line/conveyor so that workers do not have to reach over their heads.
- Using machines that can do some of the more difficult jobs.
- Using machines that help workers lift (such as vacuum hoists).



### **Changing the way workers do their job**



- Giving new or reassigned workers a “breaking-in” time (learning curve).
- Putting more people on a job (“crewing up”).

- Giving workers extra “mini” rest breaks from work that requires constant, repetitive motions.
- “Enlarging” the job by varying repetitive movement or the job tasks.

