

MCLB ALBANY SAFETYGRAM



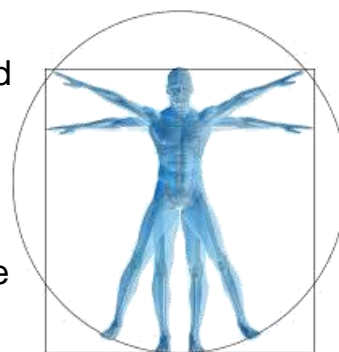
October is

**NATIONAL
ERGONOMICS
MONTH**

Do you lift with your Power Zone?

The “**Power Zone**” is close to the body and between knuckle and shoulder height—like the strike zone in baseball.

Musculoskeletal disorders (MSDs) affect the muscles, nerves, blood vessels, ligaments and tendons. Workers in many different industries and occupations can be exposed to risk factors at work, such as lifting heavy items, bending, reaching overhead, pushing and pulling heavy loads, and working in awkward postures. Exposure to these known risk factors for MSDs increases a worker's risk of injury. Work-related MSDs can be prevented, employees have fewer MSDs when they keep their work in the “**Power Zone**” The National Institute for Occupational Safety and Health recommends using the following guidelines for tasks requiring manual material handling:



POWER ZONE:

Keep most of your tasks in the green zone where your elbows are in a neutral position and weight is close and approximately stomach height. This is the safest zone where you have the greatest strength and balance for lifting.

AT RISK ZONE:

Keep both feet flat; bend your knees; keep your back straight, keep object close to you. The yellow or risk zone should be avoided if possible.

DANGER ZONE:

Avoid danger zone; lighten your load; do not lift over 50 lbs. (use buddy system to lift over 50 lbs.) Do not work in the red or danger zone unless absolutely necessary and only do so for a limited time.



Recommendations:

- **Minimize the time you spend doing overhead work.** Overhead work is extremely hard on the body and if not corrected will result in MSDs.
- **Stay neutral,** a neutral posture keeps you in the power zone where you are most efficient and least likely to get hurt.
- **Picking up material off the ground,** bend at the knees, lowering your power zone to the floor—never bend at the waist, an act that puts you in the danger zone.
- **Use common sense!** If you try to do too much for too long you will get hurt!

For additional ergonomic guidelines about manual material handling, click on the link below to access the NIOSH *Ergonomic Guidelines for Manual Material Handling*

<https://www.cdc.gov/niosh/docs/2007-131/pdfs/2007-131.pdf>



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