

MCLB ALBANY SAFETYGRAM

October is National Ergonomics Month (NEM) Keep yourself in the ‘Safe Zone’ at work & home

Ergonomics is the study of people in their working environment. Specifically, the design or modification of the work to fit the worker, not the other way around. The goal is to eliminate discomfort and reduce risk of injury due to workplace hazards, and although human factors are mainly associated with the psychological aspect of interaction between employee (user), tools, & environment, ergonomics and human factors play a key factor in our overall wellness, both at work and home. Read below some of the existing ergonomic hazards and recommended preventive actions from the Department of Environment, Health & Safety (EHS).



Awkward Postures

Muscles operate less efficiently and more force is needed to complete tasks.

Sit up straight, move items into reach, correct your stance.



High Hand Force

Pinching and gripping heavy items risks serious hand, wrist, elbow and shoulder injuries.

Increase your leverage, use light-weight & suspended tools.



Repetitive Motion

Repeating motions with little or no variation can cause serious injury over time.

Rotate jobs, change posture, reposition work, switch it up.



Repeated Impact

Frequently using hands or knees as a hammer results in bursitis, skin infections and other symptoms.

Use correct tools, pads, and learn how to operate properly.



Awkward Lifting

Lifting injuries aren't just back injuries – shoulder, elbow, hand and wrist injuries are common.

Before lifting, reduce reach, weight & use mechanical aids.



High Arm Vibration

Frequent exposure to tools with high vibration levels can lead to permanent problems.

Pad tool handles, fit grip, keep it light and maintain equipment.

Did you Know?

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, working in awkward body postures and performing the same or similar tasks repetitively. Applied ergonomics can prevent MSDs.

For more information, copy and paste the link below to the browser of your choice:

<https://ehs.unc.edu/workplace-safety/ergonomics/>



Risk Management 639-5249
Prepared by Juan Escovar

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