

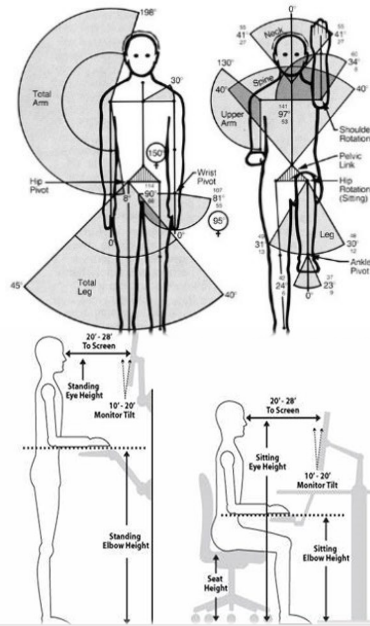
MCLB ALBANY SAFETYGRAM



National Ergonomics Awareness Month

"Ergonomics" can be simply defined as the practice of making the work environment safe and productive for the worker. It is aimed at enhancing a healthy relationship between people and their work environment, ultimately reducing risk, and thereby creating a safer and more productive workplace.

The process of ergonomics involves analyzing the worker, studying the tasks required and then designing an environment (processes, products, techniques) that optimizes the safety and health of the employee (U.S. Department of Labor).



Ergonomic injuries are often described by the term "musculoskeletal disorders" or "MSDs." This is the term that refers collectively to a group of injuries and illnesses that affect the musculoskeletal system; there is no single diagnosis for MSDs (OSHA).

Ergonomic Risk Factors



REPETITION



AWKWARD POSTURES



VIBRATION



FORCE



CONTACT STRESS

- High task repetition, when combined with other risks factors such as high force and/or awkward postures, can contribute to the formation of a MSD.
- Vibration may cause a worker to lose feeling in the hands and arms resulting in increased force exertion to control hand-powered tools.
- Contact stress occurs when your body is constantly touching a hard surface, which can cause inflammation and pain mostly in your extremities.

For more information: <https://www.hfes.org/events/national-ergonomics-month>



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