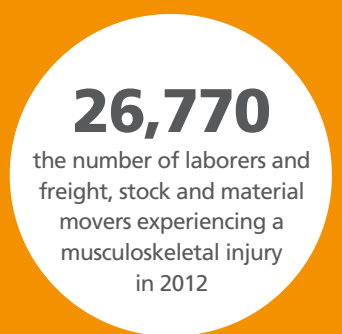


Is your company ergonomically correct?

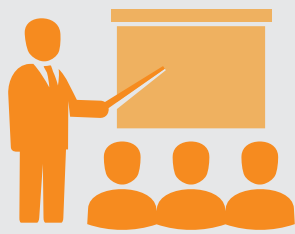


What are proper ergonomics? In the workplace, proper ergonomics align a job's physical demands with both the surrounding work environment and the specific tools and equipment required on the job. The result is a workplace specifically designed and engineered to reduce bodily stress that might trigger pain or injury.

Ergonomic injuries are one of the leading contributors to work-related injuries and missed days of work. Industrial organizations have many opportunities to create and reinforce employee awareness about proper ergonomics.



Source: U.S. Bureau of Labor Statistics.



To reduce bodily stress in a manufacturing setting, managers should look closely at the human engineering aspects of ongoing work flows and processes, employee workstations and job-required equipment and tools. Employers can train their teams on proper body mechanics for performing their jobs as safely as possible within ergonomic limitations.



Causes of ergonomic injury include repeatedly:

- performing the same motion or pattern of motions
- using tools or machines that cause vibrations
- handling objects that weigh more than 25 pounds
- working in fixed or awkward positions
- performing work that is mechanically or electronically paced



Ergonomic Safety Tips for Employers:

- Be knowledgeable and active advocates of ergonomics
- Involve workers to be part of the solution
- Provide proper training and awareness
- Identify potential problems
- Encourage early reporting of musculoskeletal disorder symptoms
- Ensure that company-specific protocols are fulfilled
- Evaluate progress for continued improvement



Benefits of Proper Ergonomics:

- Lower injury rates
- Increased productivity
- Improved product quality
- Reduced absences
- Reduced turnover
- Lower workers' compensation costs
- Improved worker safety
- Increased worker comfort
- Reduced worker fatigue
- Improved worker morale