

WHAT IS ERGONOMICS?

ERGONOMICS -

The study of the design of work in relation to the physiological and psychological capabilities of people (matching the work place to the worker.)



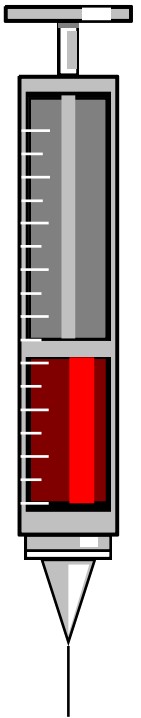
TWO BROAD CATEGORIES OF WORK PLACE DISORDERS EXIST

❖ INJURIES:

- THOSE DISORDERS THAT OCCUR DUE TO A ONE-TIME EVENT SUCH AS A CUT, CRUSH OR FALL.

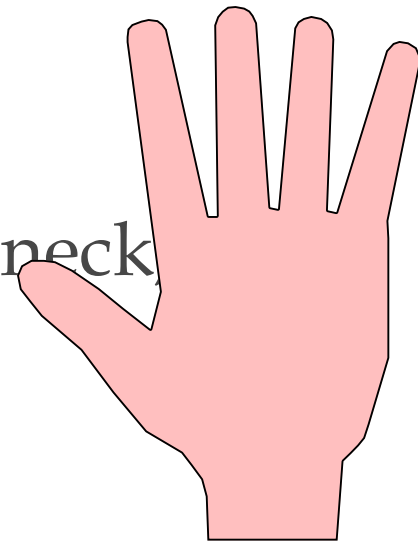
❖ ILLNESSES:

- THOSE DISORDERS RELATED TO REPEATED EXPOSURE TO VARIOUS SUBSTANCES, HAZARDS, OR ENVIRONMENTAL CONDITIONS.



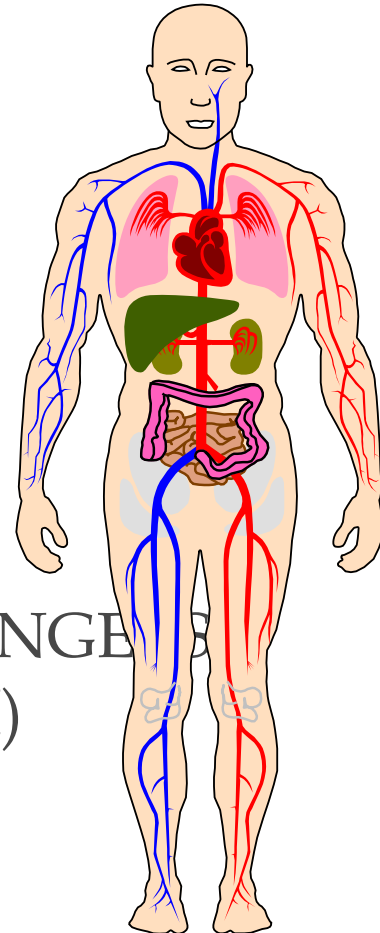
SCOPE OF ERGONOMIC INJURIES

- ❖ CUMULATIVE TRAUMA DISORDERS (CTDS) are health disorders arising from repeated biomechanical stress.
- ❖ CTD involves damage to the tendons, tendon sheaths, related bones, muscles, and nerves of:
 - Hands, wrists, elbows, shoulders, neck, back.



MORE FREQUENTLY OCCURRING OCCUPATIONALLY INDUCED DISORDERS:

- ❖ CARPAL TUNNEL SYNDROME
- ❖ TENDONITIS
- ❖ TENOSYNOVITIS (INFLAMMATION OF
– TENDON SHEATH)
- ❖ SYNOVITIS (INFLAMMATION OF THE
LUBRICATING FLUID OF THE JOINTS)
- ❖ STENOSING TENOSYNOVITIS OF THE FINGER
(INFLAMMATION OF TENDON SHEATH)
- ❖ LOW BACK PAIN





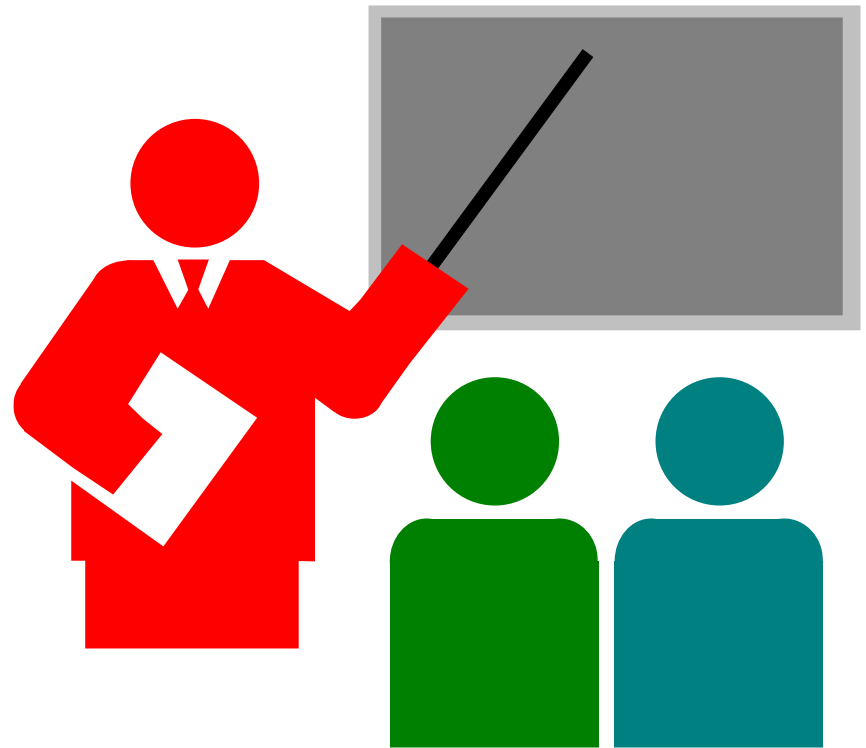
SOME POTENTIAL INDICATORS/SYMPTOMS OF CTDS

- ❖ Trends in accidents and injuries
- ❖ Incidents of CTD
- ❖ Absenteeism
- ❖ High turnover rate
- ❖ Working conditions noted by people with disabilities
- ❖ Complaints about musculoskeletal pain
- ❖ High overtime and increased work rate
- ❖ Manual material handling/repetitive motion task
- ❖ Poor product quality

ADMINISTRATIVE CONTROLS

❖ Controls such as:

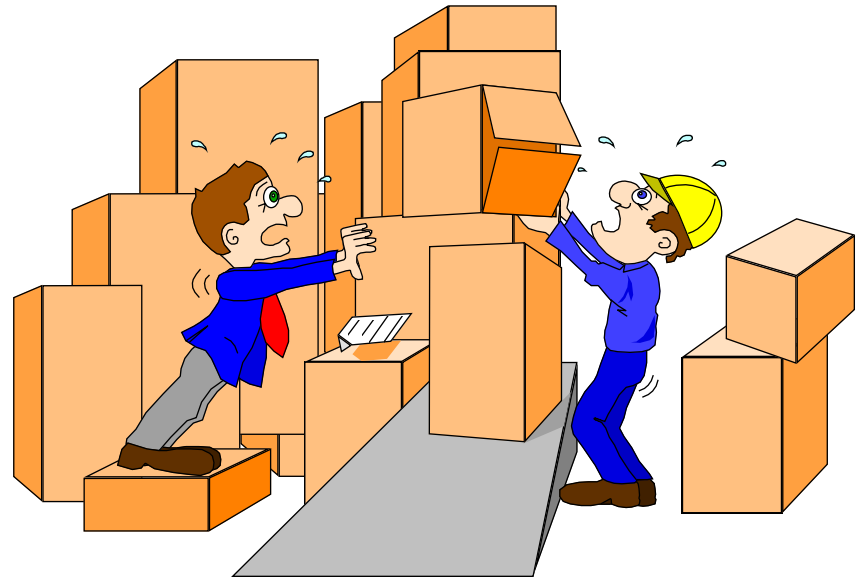
- Rotating personnel to jobs with dissimilar physical requirements
- Establishing work/rest schedules
- Training personnel to use appropriate work methods when engineering controls are not feasible



ENGINEERING TECHNIQUES

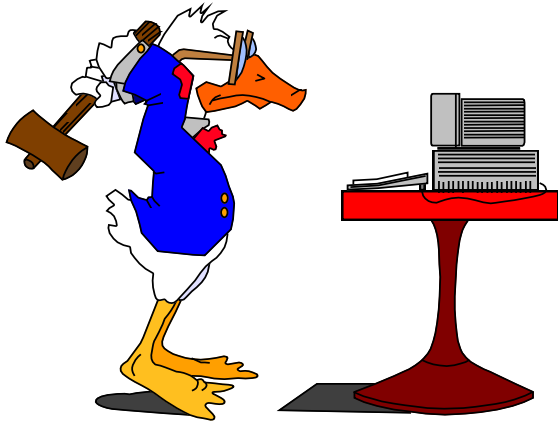
❖ Engineering techniques are the preferred mechanism for controlling ergonomic hazards. This may entail redesigning the work station, work methods, and

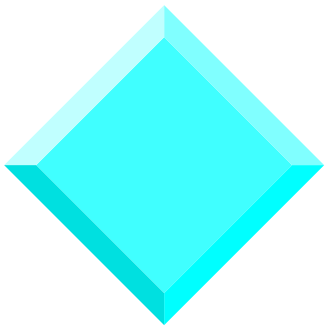
tools to reduce the demands of the job, such as exertion, repetition, and awkward positions.



WORK STATION DESIGN

WORKSTATIONS SHALL BE EASILY ADJUSTABLE
TO ACCOMMODATE THE WORKER PERFORMING
THE TASK



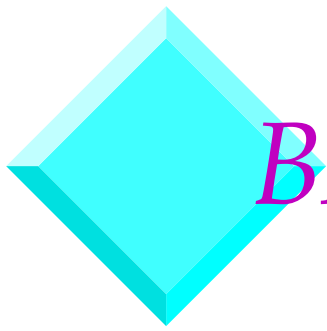


TRAINING



ELEMENTS OF TRAINING:

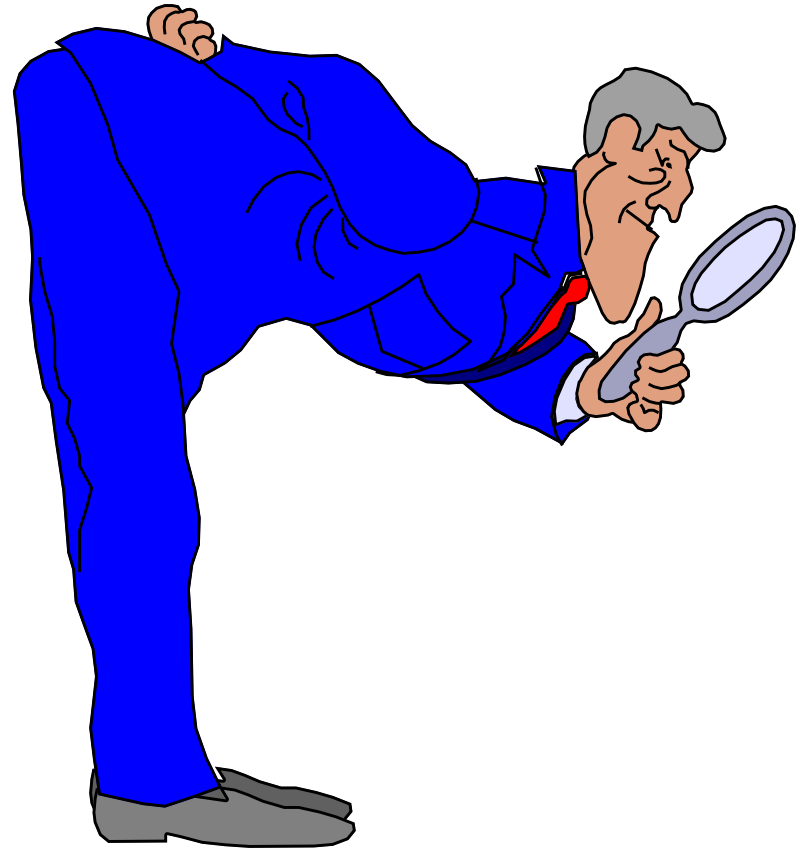
- ERGONOMICS DEFINITION AND CONCEPTS
 - CTD AND BACKINJURY PREVENTION
- VARIETIES OF CTD, CAUSES, SYMPTOMS, PREVENTION AND TREATMENT
 - ERGONOMIC OF HAND TOOLS
- EQUIPMENT DESIGN, ADJUSTABILITY AND LAYOUT
- PROPER MAINTENANCE OF FACILITIES, EQUIPMENT AND TOOLS AS TECHNIQUES TO MINIMIZE ERGONOMIC STRESS
- HAZARD IDENTIFICATION AND JOB ANALYSIS
 - IMPLEMENTATION OF TRAINING
- BACKINJURY PREVENTION TRAINING



BACKINJURY TRAINING

❖ SHALL INCLUDE:

- ANATOMY AND PHYSIOLOGY TO EXPLAIN HOW THE BACK WORKS
- BIOMECHANICS OF LIFTING
- WEIGHT CONTROL
- HOW TO AVOID BACK INJURIES
- PHYSICAL FITNESS



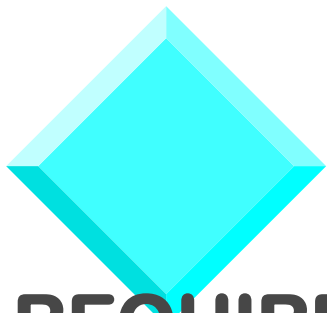


PERSONNEL REQUIRED TO HAVE TRAINING



❖ **MANAGERS:**

SHALL RECEIVE SUFFICIENT
TRAINING ON ERGONOMIC
ISSUES TO EFFECTIVELY
CARRY OUT THEIR
RESPONSIBILITIES FOR
HEALTH AND SAFETY OF
PERSONNEL.



SUPERVISORS:

- ❖ **REQUIRE TRAINING TO ENABLE THEM TO RECOGNIZE HAZARDOUS WORK PRACTICES AND SYMPTOMS OF CTD'S**
- ❖ **BACK INJURY PREVENTION TRAINING INCLUDING BENEFITS OF PHYSICAL FITNESS, HEALTH EDUCATION AND LIFESTYLE MODIFICATION IN REDUCING BACK INJURIES**

