



**DALMIA CEMENT (B) LIMITED – CEMENT PLANT
ARIYALUR
SAFETY DEPARTMENT MANUAL**

Issue No. 02	Rev. No: 00	Effective Date: 01.11.2019	WI-30(PI-14; AM-8)
Issued By: M.R		Approved By: HOD -SAFETY	
WORK INSTRUICTION FOR SAFETY PRECAUTIONS ERGONOMICS			

1. Definition:

It is the study of how people physically interact with their work – fitting the job, the equipment, and the work environment to the worker.

2. Objective:

To Work in great safety and comfort with increased productivity

3. Primary areas of ergonomics:

- Monitor Location
- Keyboard Location
- Seating

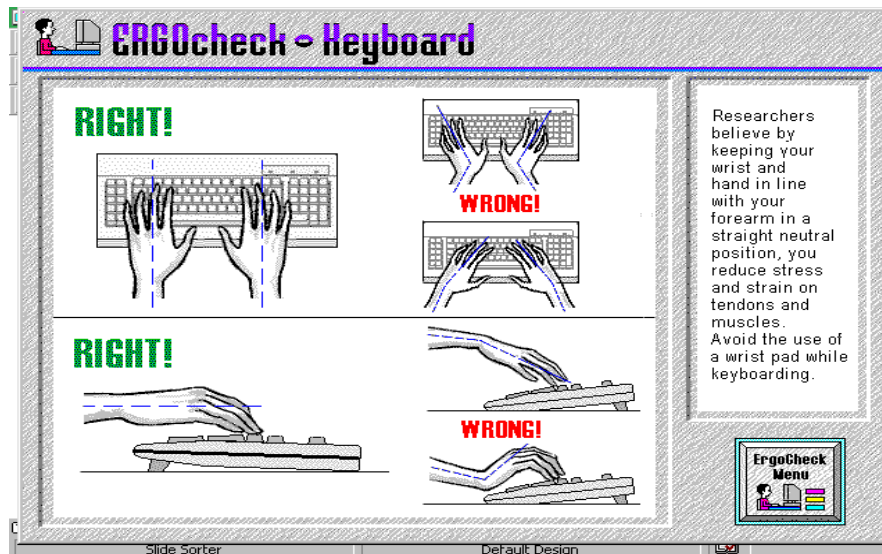
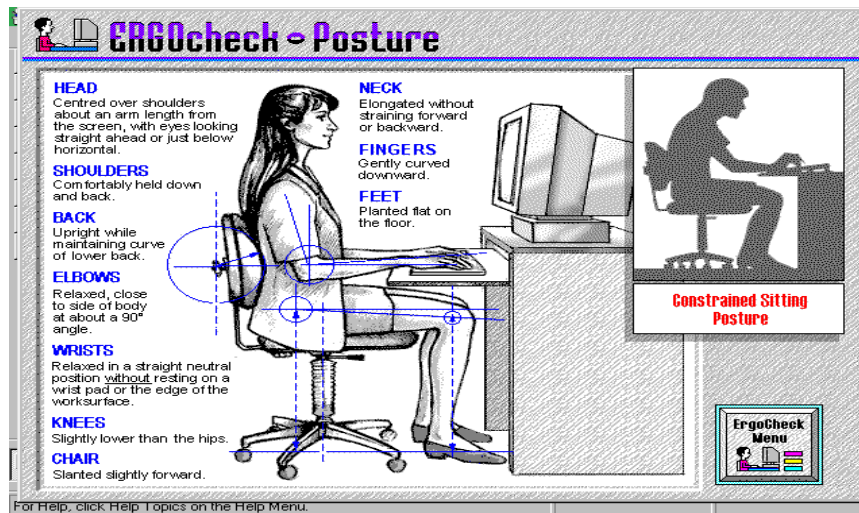
4. Injuries of Its Use

- Eye Strain
- Stiff Back
- Numbness in Hands and Feet
- Fatigue



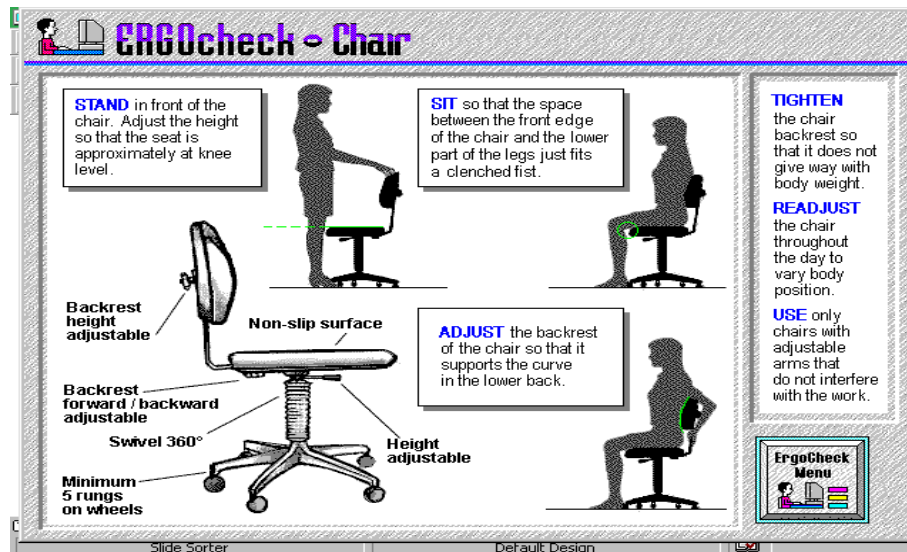
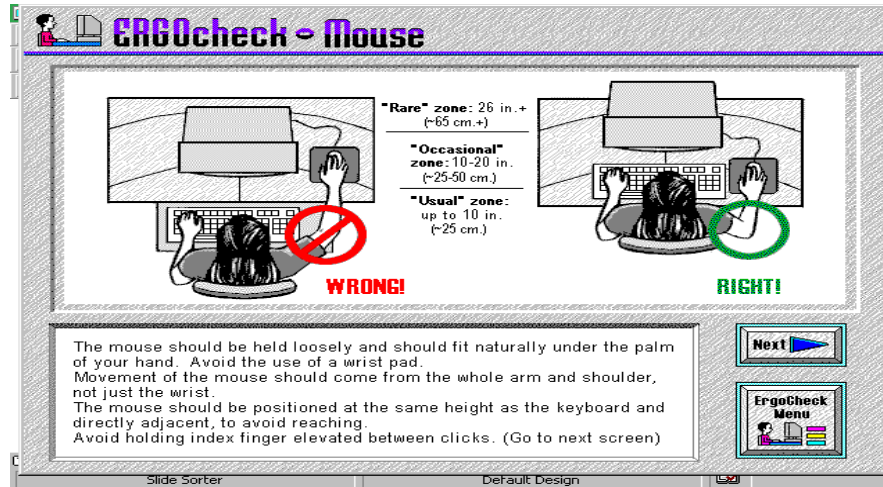
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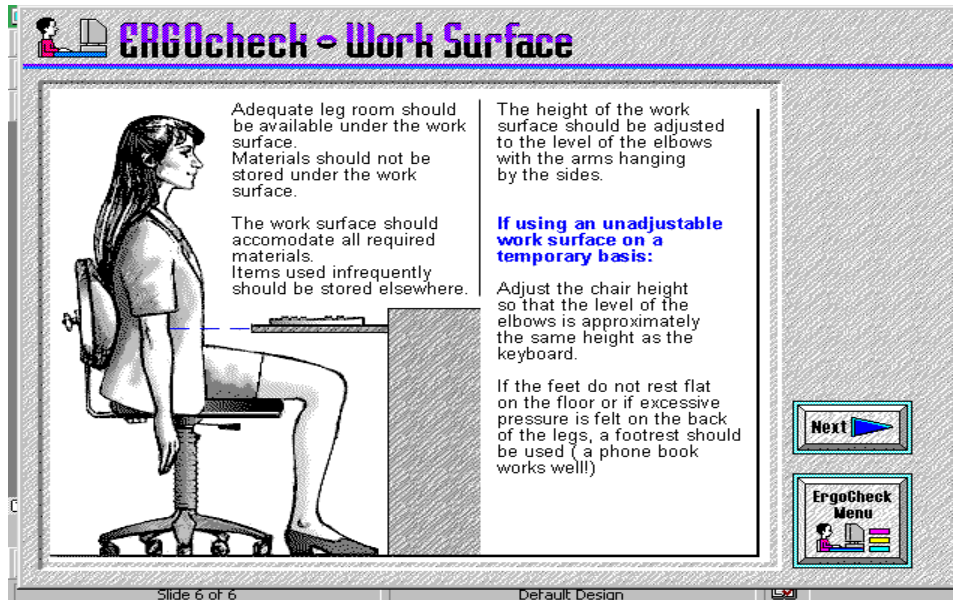
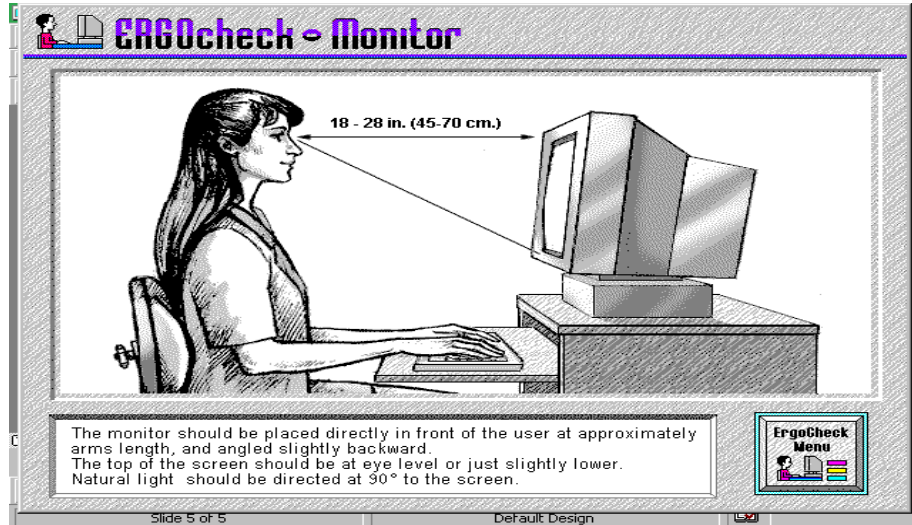
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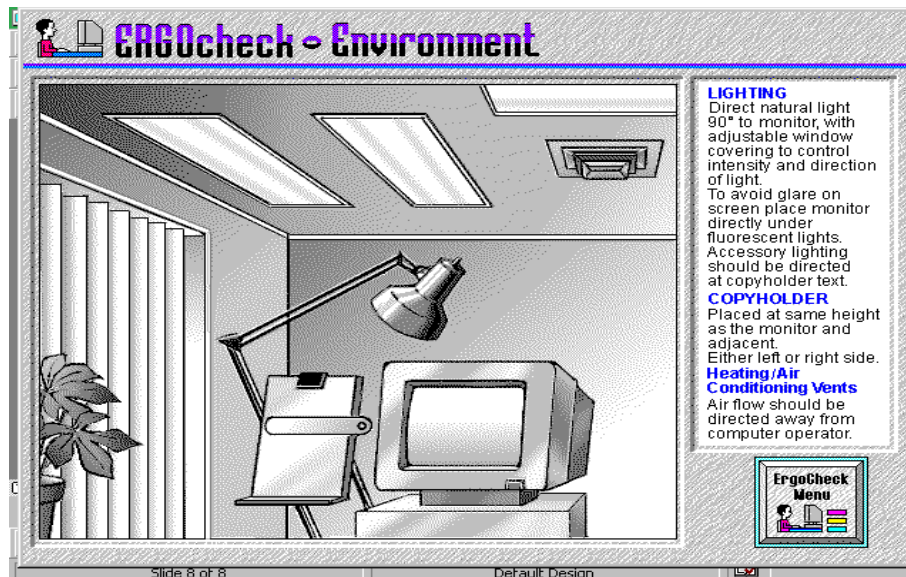
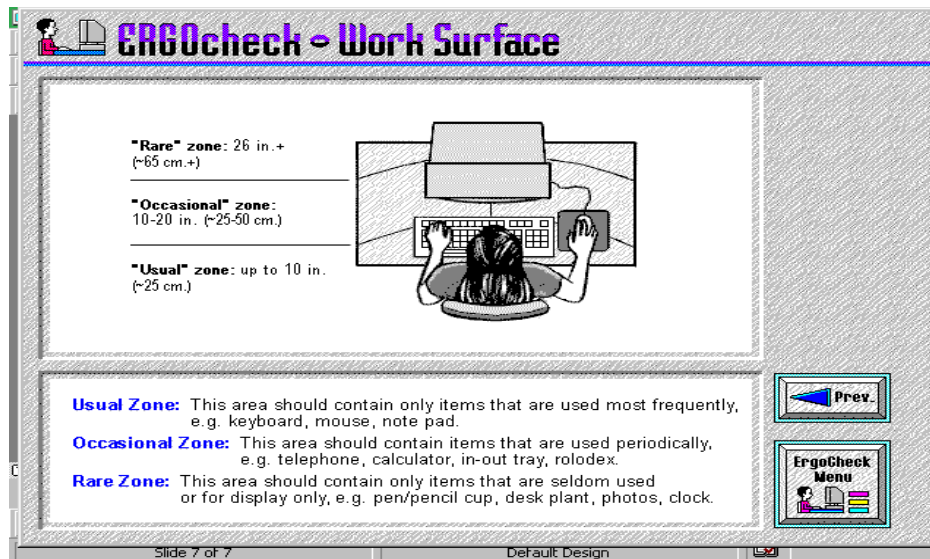
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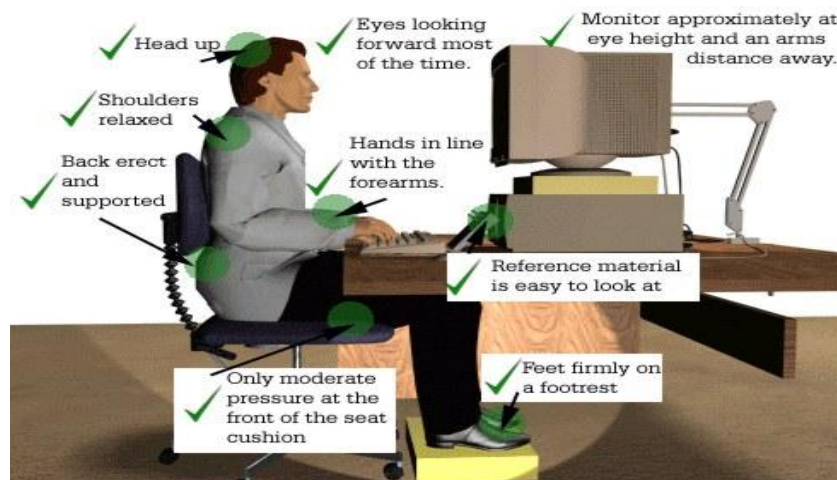


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5.0 EXERCISES

- One of the biggest injury risk factors is static posture.
- Try to spend at least 5 minutes every hour away from your computer.
- Remember to ONLY stretch to the point of mild tension

a) Hand Exercises

Tightly clench your hand into a fist and release, fanning out the fingers. Repeat 3 times



b) Back and Shoulder Exercises

Stand up straight, place your right hand on your left shoulder and move your head back gently. Do the same thing for the right shoulder. Repeat 3 times

c) Head and Neck Exercises

Move your head front & back and side wards gently. Repeat 3 Times