Weekly Toolbox Talk
Ergonomics

What is ergonomics?

Ergonomics is the science of work. Ergonomists look at anatomy and body mechanics for an understanding of how the human body operates. Workplaces designed using ergonomic principles enhance the abilities of employees to work more productively.

How can ergonomics help?

Applying ergonomic principles in the workplace can reduce the risk factors for musculoskeletal disorders. Some common risk factors are:

**Awkward Postures**

- Change your work methods to maintain a neutral posture.
- Change body position periodically throughout the day.
- Adjust workstation height to assist in maintaining a neutral posture.

**Using Excessive Force to Move Objects**

- Carry fewer objects at a time.
- Select tools that can help the weight to be lifted.
- Use dollies and conveyers to move heavy materials.
- Use proper lifting techniques.
- Do not bend or twist at the waist when lifting any object.

**Repetitive or Prolonged Actions**

- Use electric tools instead of mechanical tools.
- Reduce the quantity of work performed in a given period.
- Rotate workers among different tasks.
- Vary the work throughout the work shift.

**Localized Pressure**

- Use elongated handles on tools such as pliers and scissors.
- Choose handles and work surfaces with rounded edges.