



# Ergonomics

Ergonomics is the science of fitting a job to a person and helps lessen muscle fatigue, increases productivity and reduces the number and severity of work-related Musculoskeletal Disorders (MSDs).

Visit [www.osha.gov](http://www.osha.gov) for complete details and regulation requirements.



OK-SS-5-M



## Premium Lifters Support

Constructed of durable polyester fabric with solid inner core. Features an internal lumbar support pad. Adjust easily with double hook-and-loop closure system. Back support is 5" wide. Black.

| ITEM #        | ORDER #   | DESCRIPTION             | SIZES | UOM |
|---------------|-----------|-------------------------|-------|-----|
| ◆ OK-SS-5-M   | 325377001 | Premium lifters support | M     | Ea  |
| ◆ OK-SS-5-L   | 325377011 | Premium lifters support | L     | Ea  |
| ◆ OK-SS-5-XL  | 325377021 | Premium lifters support | XL    | Ea  |
| ◆ OK-SS-5-2XL | 325377031 | Premium lifters support | 2XL   | Ea  |



## Classic Universal Back and Abs Support

Body is constructed with cool mesh and features a double hook-and-loop closure system. Suspenders are 1 1/2" wide and detachable. Rubber grippers help keep belt in place. Back support is 9" wide and one size fits most (26" - 48"). Black.



OK-UNIV

| ITEM #  | ORDER #   | DESCRIPTION                  | UOM |
|---------|-----------|------------------------------|-----|
| OK-UNIV | 325316671 | Universal back & abs support | Ea  |



## Value Super Maxx Back Support

Delivers firm and comfortable broad lower back and abdominal support. Adjusts instantly for light to heavy lifting. Encourages proper posture when lifting, standing, walking, sitting, driving or playing sports. Features 8" breathable spandex mesh lumbar panel with elastic stretch panel with (4) plastic stays, (2) silicon threaded "grip strips", 1 1/2" detachable hook-and-loop suspenders and dual panel hook-and-loop closure. Black.



626

| ITEM #  | ORDER #   | DESCRIPTION                   | SIZES | UOM |
|---------|-----------|-------------------------------|-------|-----|
| 626-M   | 325308061 | Value Super Maxx back support | M     | Ea  |
| 626-L   | 325308071 | Value Super Maxx back support | L     | Ea  |
| 626-XL  | 325308021 | Value Super Maxx back support | XL    | Ea  |
| 626-2XL | 325308341 | Value Super Maxx back support | 2XL   | Ea  |



**FITS WAIST SIZE\*:** S (23-29"), M (28-34"), L (33-39"), XL (39-46"), 2XL (46-52"), 3XL (52-58")

[www.occunomix.com/products/media/wysiwyg/Size\\_Charts/O.pdf](http://www.occunomix.com/products/media/wysiwyg/Size_Charts/O.pdf)



## Easy Dos and Don'ts for Safe Lifting

### Do:

- Keep your head up and your back straight, and bend at your hips.
- Bring the load as close to you as possible before lifting.
- Lift with your legs, not your back.
- Shift your feet to turn.
- Keep the load directly in front of your body.
- Try to perform lifts at waist height with your elbows in close to your body.
- Limit lifting by hand. Use mechanical lifts or get help.
- Stay fit to help avoid injury.

### Don't:

- Lift heavy loads (35 lbs. or more). Get help.
- Reach across something to lift a load.
- Lift bulky or uneven loads.
- Reach to the side or lift while twisting.

Source: [www.osha.gov](http://www.osha.gov)



11093



### ProFlex® 1650 Economy Elastic Back Supports

All-elastic body (7 1/2" wide) provides firm support, comfort, fit and durability. Two-stage closure adjusts first for exact fit and then for desired level of tension, reminding wearers to lift properly. Features single layer 5" elastic strap for positive tension and adjustable 1 1/2" knit elastic suspenders that are detachable and cut wide for improved fit. Machine washable. Black.

| ITEM # | ORDER #   | DESCRIPTION                          | SIZES | UOM |
|--------|-----------|--------------------------------------|-------|-----|
| 11093  | 332100021 | ProFlex economy elastic back support | M     | Ea  |
| 11094  | 332100011 | ProFlex economy elastic back support | L     | Ea  |
| 11095  | 332100041 | ProFlex economy elastic back support | XL    | Ea  |



### Carpal Tunnel Right Wrist Support

Breathable neoprene support. Features 3" wide wrap around strap, terry-lined interior and hook-and-loop closure. Includes flexible plastic insert.



OK-NCTS

| ITEM #       | ORDER #   | DESCRIPTION                       | UOM |
|--------------|-----------|-----------------------------------|-----|
| ♦ OK-NCTS/RM | 325322741 | Carpal tunnel right wrist support | Ea  |



### Wrist Assists

Made of woven elastic. Delivers comfortable compression and helps reduce strains and swelling. Features easy on/off with hook-and-loop closure.

| ITEM # | ORDER #   | DESCRIPTION                  | COLOR | UOM |
|--------|-----------|------------------------------|-------|-----|
| 310    | 325303101 | Wrist Assists, woven elastic | Beige | Ea  |



310

♦ Non-stock item. Minimum quantity may apply.



### Wrist Assist with Thumb Loop

Heavy-duty wrist support with thumb loop for easy application. Features woven elastic construction which delivers comfortable compression to help diffuse stress over a broader group of muscles and other tissue. Black.

| ITEM #   | ORDER #   | DESCRIPTION                | UOM |
|----------|-----------|----------------------------|-----|
| 311-L068 | 325303231 | Wrist assist w/ thumb loop | Ea  |



### Single Strap Wrist Supports

Provides light-to-moderate support for office and industrial use. Features reversible hook-and-loop strap for use on either hand. Single layer of neoprene provides a glove-like fit and brings a sense of warmth to affected area. Machine washable. Black.



| ITEM #  | ORDER #   | DESCRIPTION                             | SIZES | UOM |
|---------|-----------|---|-------|-----|
| 16612   | 332103551 | Ambidextrous single strap wrist support | S     | Ea  |
| ◆ 16613 | 332103561 | Ambidextrous single strap wrist support | M     | Ea  |

| ITEM #  | ORDER #   | DESCRIPTION                             | SIZES | UOM |
|---------|-----------|---|-------|-----|
| ◆ 16614 | 332103571 | Ambidextrous single strap wrist support | L     | Ea  |
| ◆ 16615 | 332106731 | Ambidextrous single strap wrist support | XL    | Ea  |



OK-KP-350-06



### Classic Fabric Knee Cap Pads

Ideal for delicate surfaces. Lightweight and comfortable. Features high-density foam body, durable 600-denier polyester and hook-and-loop closure. Black.

| ITEM #       | ORDER #   | DESCRIPTION                  | UOM |
|--------------|-----------|------------------------------|-----|
| OK-KP-350-06 | 325309801 | Classic fabric knee cap pads | Pr  |



### Classic Wide Cap Knee Pads

Large, flexible PVC cap and EVA soft foam padding provide a dome of comfortable protection, extra durability and flexibility. Adjustable hook-and-loop straps guard against annoying shifting to keep pad in place. One size fits all. Blue.

| ITEM # | ORDER #   | DESCRIPTION                | UOM |
|--------|-----------|----------------------------|-----|
| 126    | 325303181 | Classic wide cap knee pads | Pr  |



126



### Premium Flat Cap Gel Knee Pads

Adjustable sizing pad reduces rocking to assure proper fit. Over-sized, abrasion-resistant hard plastic cap with flat kneeling surface provides greater kneeling stability. Gel-injected EVA foam padding to absorb impact and provide superior comfort. Hook-and-loop neoprene split strap closure to avoid bunching and slipping. One size fits all. Black.



| ITEM # | ORDER #   | DESCRIPTION            | UOM |
|--------|-----------|------------------------|-----|
| 121    | 325303131 | Flat cap gel knee pads | Pr  |

121



### Value Contoured Hard Cap Knee Pads

Abrasion-resistant PE plastic hard caps offer heavy-duty protection against injuries often sustained in rigorous kneeling conditions. Lightweight pads feature EVA foam padding and adjustable straps to ensure hours of comfortable, productive work. One size fits all. Blue.



| ITEM # | ORDER #   | DESCRIPTION                           | UOM |
|--------|-----------|---------------------------------------|-----|
| 125    | 325303161 | Hard cap knee pads, adjustable straps | Pr  |

125



560



### Ring and Watch Scratch Guards

Ring guard (560) is made with nylon/Spandex® and does not contain silicone. Watch guard (561) is made with PVC/polyester and does not contain silicone.

| ITEM # | ORDER #   | DESCRIPTION         | UOM |
|--------|-----------|---------------------|-----|
| 560    | 325304381 | Ring scratch guard  | Ea  |
| ◆ 561  | 325304391 | Watch scratch guard | Ea  |



561