

## Ergonomics



### Did You Know...

Ergonomics is the science of fitting the job to the worker in order to reduce injuries. Tasks that require repetitive motions, awkward positions, heavy lifting or tremendous strain can lead to repetitive strain injuries or cumulative trauma disorders (CTD). These injuries can affect muscles, tendons and nerves and usually take a long time to develop.

### Adjustments to work place...

- Adjust work schedules to vary tasks, allowing muscle groups to rest. For example computer users should alternate typing and filing.
- Use mechanical aids whenever possible forklifts, dollies, pallet jacks, rolling carts, keyboard rests.
- Avoid prolonged contact stress from and vibration from tools and equipment.
- Flex and stretch hands, arms, wrists, legs and back periodically throughout your shift.

### Change lifting and carrying...

- Don't pick up heavy or multiple items at one time
- Store or stack heavier items between knee and shoulder height to make lifting easier
- Use the box handles or grips whenever possible
- Wear gloves to improve your grip
- Team lift with another associate when the item is too heavy
- Always keep a clean, clear work area to avoid trip hazards

### Improve Your Posture...

- Adjust work stations or benches to a comfortable position
- Keep your head up when lifting
- Keep the load close to the body
- Never twist or jerk a box while lifting

### Protect yourself from the elements...

- During the cold season wear gloves and warm clothes to keep your muscles warm
- In the warm months make sure to stay hydrated