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Ergonomic Safety

Believe it or not, ergonomics can make your job easier and keep you safer. Musculoskeletal disorders develop because of repetitive stress and strain to the body system. This occurs most often at the desk as sitting in front of the computer and concentrating on computer tasks for extended periods of time can be damaging to the body if it is not allowed to rest in a proper configuration during these tasks.

1. Make sure that the weight of your arms is supported at all times. If your arms are not supported, the muscles of your neck and shoulders will be sore by the end of the day.

2. Watch your head position, and try to keep the weight of your head directly above its base of support (neck). Don't "crane" your head and neck forward.

3. Don't be a slouch! Slouching puts more pressure on your back. UUse the lumbar support of your chair and avoid sitting in a way that places body weight more on one side than on the other. Move your chair as close to your work as possible to avoid leaning and reaching. Make sure to "scoot" your chair in every time you sit down.

4. The monitor should be placed directly in front of you, with the top no higher than eye level. The keyboard should be directly in front of the monitor so you don't have to frequently turn your head and neck.

5. Talking on the phone with the phone receiver jammed between the neck and ear is bad practice.

6. The keyboard and the mouse should be close enough to prevent excessive reaching which strains the shoulders and arms.

7. Avoid eye strain by making sure that your monitor is not too close, it should be at least an arm's length away.

8. Take steps to control screen glare, and make sure that the monitor is not placed in front of a window or a bright background.

9. You should rest your eyes periodically for several seconds by looking at objects at a distance to give your eyes a break.

10. The feet should not be dangling when you are seated. If your feet don't comfortably reach the floor or there is pressure on the backs of your legs, use a footrest or lower the keyboard and chair.

If you are using industrial tools:

• Maintain straight wrists. Avoid unnatural bending or rotating wrists.

• Look out for bent-handle tools.

• Your tools should have a compressible gripping coating over its handles.

• If you use a particular tool a lot, you will tend to be engaged in repetitive trigger finger actions. If so, try to mix up your tasks to prevent static muscles injury.

• Wear gloves that fit. Loose grip reduces grip strength and pose other safety hazards. Tight fitting gloves are uncomfortable and add pressure.

ZERO IS EVERYTHING
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