

Ergonomics Hazards - Prevention and Control

- Review the worksite for ergonomic hazards. Are changes needed?
- Design the job to fit the person, not the person to fit the job.
- Design or modify the workstation, work methods and tools to reduce excessive exertion, awkward positions and repetitive motion.
- Arrange workstations to accommodate the individual who is doing the work — not for an average person. We come in all sizes.
- Workstations should be large enough to permit full range of motion with the tools necessary to perform the job.
- Design work methods to reduce extreme and awkward postures.
- Select tools, equipment and handles to reduce the stresses with chronic muscle contraction, vibration, excessive gripping and pinching.
- Conduct regular maintenance on pneumatic and power tools. Treat these tools as if they were your own.
- When selecting personal protective equipment, proper fit is essential. Once you have the correct fit, WEAR THEM!