
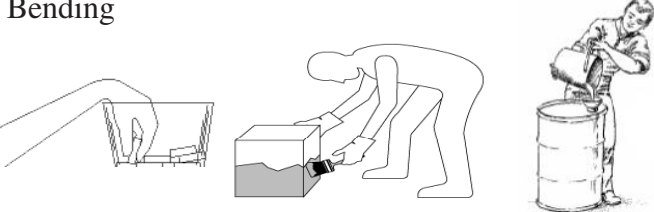

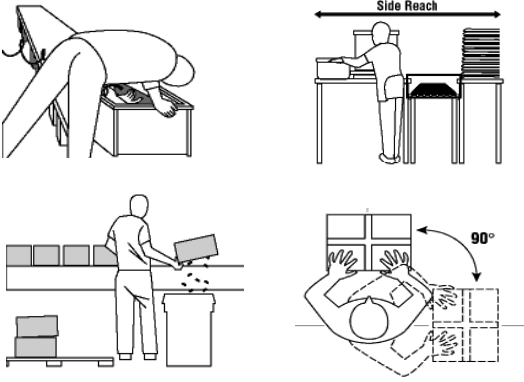





SAFETY IN MANUFACTURING

Ergonomics: Awkward Postures

If you see risks like this in your place of work, they need to be controlled.
The recommended limits are on the back.

RISK FACTORS	CONTRIBUTING FACTORS
<p>Reaching</p>  <p>Forward Sideway Upward</p>	<p>Deep work surfaces Overhead work surfaces Limited work spaces Hard-to-reach storage areas Working at ground level Large, awkward boxes</p>
<p>Bending</p> 	<p>Low-level storage Working at ground level Hard-to-reach storage bins</p>
<p>Twisting</p> 	<p>Using non-powered hand tools</p>
	<p>Restricted workspace</p> <ul style="list-style-type: none"> Limited access to equipment, machinery, and materials <p>Poor workstation layout</p> <ul style="list-style-type: none"> The location of equipment, machinery, and materials in relation to how the job is performed <p>Keeping feet in one place instead of turning entire body</p>
<p>Kneeling Continuously</p> 	<p>Working at ground level Hard kneeling surface No comfortable knee pads Poor workplace layout</p>

Recommended Limits

Awkward Posture	Kneeling
<p>Holding hands above the head or elbows above the shoulders should be limited to 2 hours total per shift.</p> 	<p>Kneeling should be limited to 2 hours total per shift.</p> 

Controls

Short-term Injury Prevention Controls

1. Change layout to reduce twisting
2. Raise/lower work surfaces and storage spaces to eliminate or reduce reaching, bending, or kneeling
3. Provide proper seating (such as stools) for low level or kneeling work
4. Provide comfortable knee pads for workers who work in kneeling positions

Long-term Injury Prevention Controls

1. Provide powered hand tools instead of manual tools
2. Make sure new equipment and machinery are adjustable to allow for changing work practices and products
3. Teach workers how to work within neutral ranges of motion
4. Make sure new equipment and machinery are within easy reach for all workers, including maintenance staff