

Forklift Ergonomics 2: Bad Habits are Hard to Brake

Posted in: Forklift Ergonomics

“It’s not the fall that kills you. It’s the sudden stop at the end”, Douglas Adams

While some musculoskeletal injuries creep up on us gradually, others can slam into us like a brick...or a cement pillar. Have YOUR bad habits ever caught up with you?

Professional drivers learn often find many ways to go faster, get more done, usually getting ‘attaboys’ along the way. But of course, there is a balance and some simple lines that shouldn’t be crossed.

Here are 5 laws of the forklift road:

- No Costanza Wallets: Remove your wallet from your back pocket every time before you drive. Your back will thank you.
- Wear your seatbelt. Every time you get in the vehicle. Your kneecaps, ribs and neck will thank you.
- Maintain three point contact every time you get in and out of your vehicle. Did you know that one out of every three forklift injuries occurs getting in/out of the vehicle?
- Drive the speed limit. Speed multiplies the impact of all stresses on the body. In a battle between a forklift, a cement pillar and you, sorry, but we are going to bet on the first two.
- In a battle of forklift, pothole, driver – the driver always loses. Keep all four wheels on the ground. Uneven surfaces, potholes and transitions are everywhere. Don’t be ‘shocked’. Keep both eyes on the road.



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This article was
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