

Use it Right

Posted in: Ergonomics Early Intervention

Regardless of the workstation layout, we must treat our body well. Every day, each of us makes many decisions as to how we get the job done.

You wouldn't overload your car like the owner in this picture just to speed up your home renovation – so why would you do this to your back or shoulder on the job?

Consider your own personal physical limits when planning your work each day.

- ✓ Plan and make sure you have the right tools for the job – where and when you need them.
- ✓ Ask for help when needed.
- ✓ Plan your work and recognize when the primary risk factors (high force, awkward postures, static postures or repetition) may occur. Then, talk to your workmates and find a better way.
- ✓ If you think that something isn't feeling right – tell someone. You're probably not the only one.



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This article was
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