

What is ergonomics?

Ergonomics is a continuous improvement process to set up the work environment to fit the worker. Simply put, it is "the science of fitting workplace conditions and job demands to the capabilities of the working population." - NIOSH

How do MSDs occur?

MSDs occur when there is more incoming trauma on the body than the natural healing process can absorb.

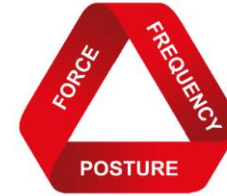


What are musculoskeletal disorders?

MSDs are disorders of the muscles, nerves, tendons, ligaments, and spinal discs. They result from months or years of exposure to MSD risk factors. MSDs are not one-time events like slips and falls.

The primary MSD risk factors

- High forces
- Awkward postures
- Extreme frequencies



The Ergonomics Hit List[®] is a simple observational tool used to quickly identify ergonomics issues.

Bent Wrist



Overhead Reach



Horizontal Reach



Awkward Neck



Bent Back



Vibration tool



Twisted Back



Squat/Kneel



Static Sit/Stand



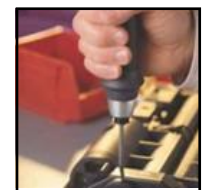
Heavy Lift



Excessive Force



Vibration tool



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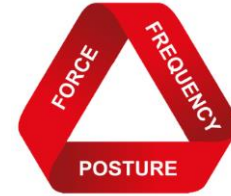


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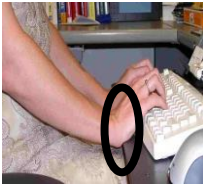
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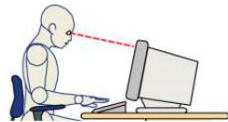


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Bent Wrist



Bent Neck



Twisted Neck



Awkward Posture of Back



Awkward Posture of Legs



Awkward Posture of Shoulders



Static Sit