



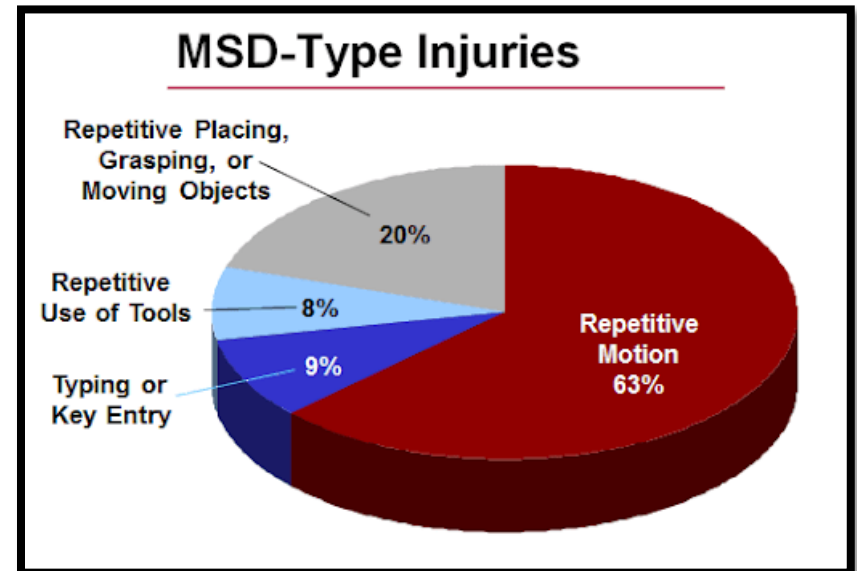
Evaluating Ergonomics

The information in this presentation is related to BNC F 049, 5S & Safety Audit form. It may be helpful to have a copy with you as you complete this session.

For additional information on Ergonomics - review the OSHA Intro to General Ergonomics presentation located on the Training Site/Operations Topics

Ergonomics

- ▶ The science of understanding the interaction between the human and the work
- ▶ Poor ergonomics leads to musculoskeletal disorders (MSD): pain, numbness, loss of motion, stiffness, swelling, and can lead to paralysis
- ▶ Risk factors:
 - Work position/posture
 - Level of effort (force) and duration of the task
 - How often the task is performed

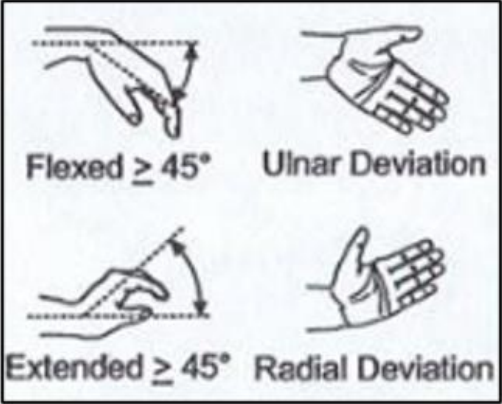
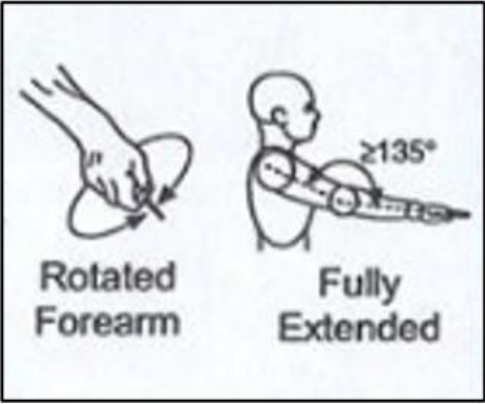
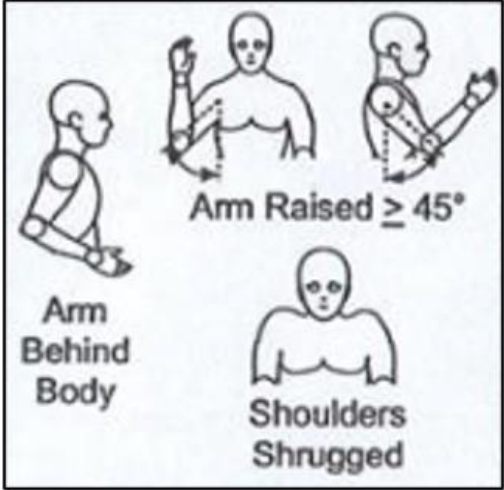


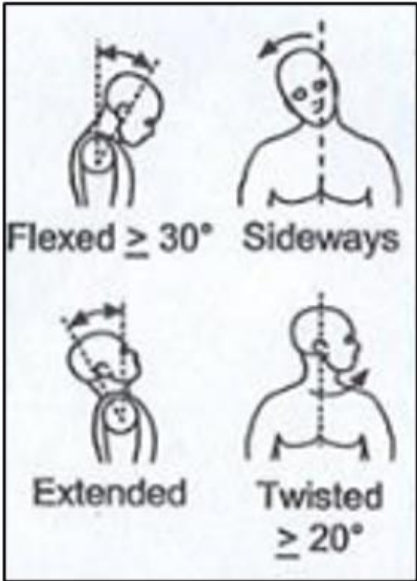
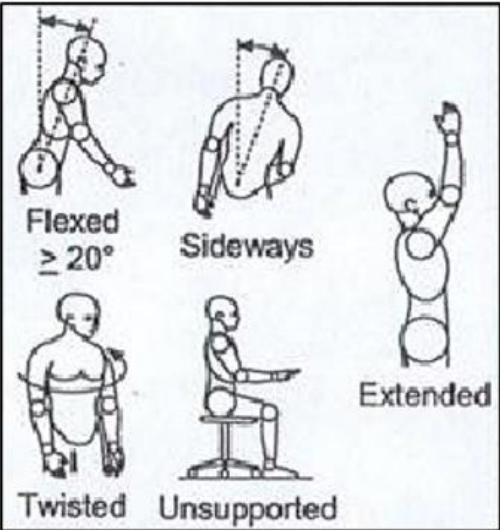

Evaluation Scoring (BNC F 049)

- ▶ Starting with the first category (Hands & Wrists) review the pictures to see if any of the conditions are present.
 - **YES = 1 point**
 - Continue to answer the questions below
- ▶ If yes, circle L (left side) or R (right side)
- ▶ If yes, determine if force is applied as shown
 - **YES = 1 point**

Evaluation Scoring

- ▶ If yes, determine if duration of the condition lasts more than 10 seconds at a time
 - **YES = 1 point**
- ▶ If yes, determine if condition happens more than frequency shown
 - **YES = 1 point**
- ▶ Continue to the next category and complete for each one
- ▶ Any score of 3 or higher requires HR to review and sign off. Notify Brian or Kyle ASAP.

	Hands & Wrists		Elbows		Shoulders	
Risk Position						
Side	L	R	L	R	L	R
Is force applied?	Y Pinch - Press -Grip	N	Y >10 lbs	N	Y >10 lbs	N
Duration	≥ 10 sec		≥ 10 sec		≥ 10 sec	
Frequency	≥ 30 per min		≥ 30 per min		≥ 2 per min	
Score						

	Neck		Back		Legs		Other
Risk Position							VIBRATION LOW TEMP IMPACT STRESS SOFT TISSUE COMPRESSION GLOVE ISSUES
Is force applied?	Y	N	Y >25 lbs	N	Y Foot Pedal	N	
Duration	≥ 10 sec		≥ 10 sec		≥ 10 sec		≥ 10 sec
Frequency	≥ 2 per min		≥ 2 per min		≥ 2 per min		≥ 2 per min
Score							

And, Finally...

- ▶ Whenever you have ergonomic factors, work to minimize the impact by changing the process
- ▶ Ensure preferred process is trained, understood, and incorporated into work instructions
- ▶ If factors cannot be minimized, establish a mandatory job rotation and increased breaks
- ▶ Involve HR whenever you have a concern

Click on the button below to take the quiz for this session.

QUIZ