



March 2021

Ergonomics

When it comes to our body posture, using a proper ergonomic setup is essential. The constant strain on our bodies from sitting or standing in an awkward position for too long can be detrimental to our health. Just because a co-worker is not affected by a physically demanding task, don't ignore messages your body sends you. Although humans share many physical characteristics, people are often different in terms of their physical strengths and weaknesses. Awkward, repetitive work positions can result in long-term physical problems. It is important that workers report any signs of discomfort to their supervisor immediately.

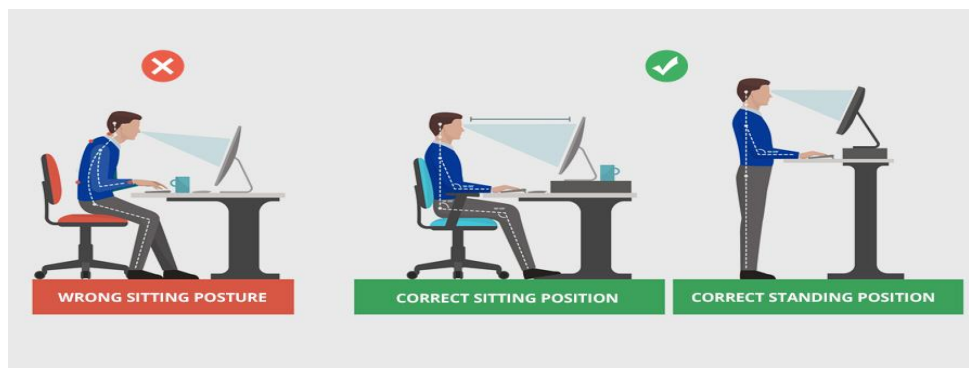
Things to Do

- Periodic stretching before and during your shift
- Rotate your work position – change from sitting to standing
- Keep work at waist height – avoid over exertion
- Plan ahead – organize the work to be done
- Use the proper tool/equipment for the job
- Take a rest if needed – get up and walk around
- Use proper lifting techniques – 2-person carry for heavy objects
- Ask for assistance as required
- Look to push or pull the load rather than carry



An ergonomic assessment of the workplace should be done annually as well as when a new worker is hired. This will help minimize the possibility of musculoskeletal disorders (MSD's).

Musculoskeletal Disorders (MSDs) are injuries of the muscles, nerves, tendons, ligaments, joints, cartilage, or spinal discs.



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