

Ergonomics Quickie

IIPP Section XIII

- Ergonomics
 - “the science and practice of designing jobs and workplaces to match/fit the capabilities and limitations of the human body”
 - “fitting the job to the worker”
- Benefits of Ergonomics
 - Prevent Repetitive Motion Injuries (RMIs)
 - Improved work quality
 - Improved quality of life
 - Reduced fatigue and discomfort
 - Improved concentration
 - Reduce downtime

A tool to make work safer

What Employees Should Know

- IIPP, section XIII (*new version just published*)
- Causes and Risk Factors of RMIs
- Signs and Symptoms of RMIs
- Inyo County strives to reduce exposures to RMIs and we expect them to be aware of how they perform their jobs and to listen to their discomforts
- How to properly use equipment, tools, and controls (includes keyboards, mouse, desk lifts, dollies, vehicles, hammers, etc.) with proper postures
- How to lift and how to sit
- How to report injuries

Repetitive Motion Injuries (RMIs)

Causes & Risk Factors at home and at work

CAUSES

- Heavy or awkward lifting
- Pushing, pulling, or carrying loads
- Awkward postures
- Hand intensive work
- Vibration
- Impact

RISK FACTORS

- Duration
- Frequency
- Intensity / Severity
- Combo

**A longer PPT explains
all these in detail.**

Brief Review of Responsibilities

- **Employees:** Be body aware, identify opportunities to remove or reduce hazards and report them, consider and test approved solutions, get training as needed, and report discomforts and injuries.
- **Supervisors/DHs:** Ensure employees are provided and properly use appropriate tools, equipment, parts, and materials required to perform their jobs at the lowest feasible level of exposure to risk factors; respond to reports timely; provide employees with correction and direction on implementation of safe work practices.
- **Risk Management:** Provide training materials, provide consultation and advice, conduct ergonomic assessments, investigate reports of RMIs, and facilitate reporting and treatment.

Signs and Symptoms of RMIs

- Shooting pain or stiffness in back or neck
- Pain, stiffness, or loss of mobility in shoulders
- Shooting or stabbing pains or numbness in arms or legs
- Pain, swelling, stiffness, or soreness in elbow or knee joints
- General pain, swelling, tingling, numbness, coldness, burning sensation, or loss of strength or coordination in hands or wrists
- Loss of mobility, snapping or jerking movements, loss of strength, loss of feeling sensation, or severe pain in fingers
- Pain at the base of the thumb
- Tingling, numbness, coldness, stiffness, or a burning sensation in feet or toes
- Swelling or inflammation of joints

WATCH EMPLOYEES FOR

- Shaking or massaging of hands, wrists, or arms as if trying to get the circulation back
- Limping, shaking out the legs, or walking stiffly
- Holding the back of the neck or lower back
- Potentially excessive sick days.

Ergonomic Assessments

Self/Supervisor Assessments

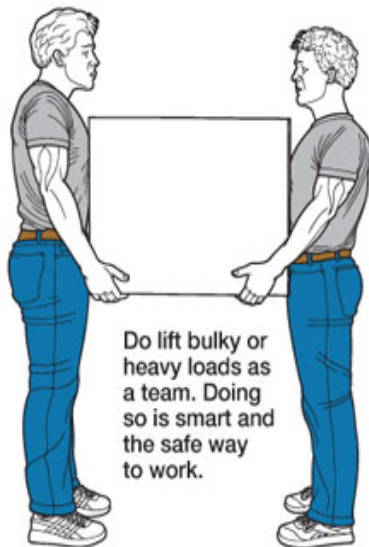
- Pay attention to how you do what you do
- Listen to discomforts
- Use the self assessment tool at inyocounty.us/risk/ergo
- Don't suffer in silence – There may be an easy solution

Risk Management Assessments

- Individualized in-person evaluation conducted by our in-house certified staff
- Request from Risk
- Takes about 25 minutes
- Employee must be present
- Goal: identify task requirements, review risk factors, consider adjustments to controls, report out to supervisor

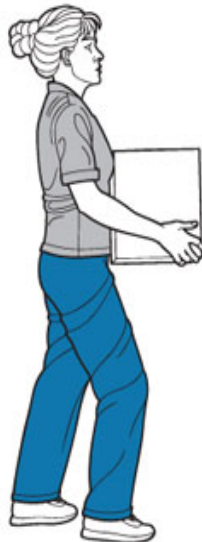
LIFTING DO'S & DON'TS

DO LIFT AS A TEAM



Do lift bulky or heavy loads as a team. Doing so is smart and the safe way to work.

DO TURN WITH LEGS



Do move your legs and feet when turning or lowering the load. Avoid twisting at your waist.

DO USE YOUR LEGS

Do lift the load using your powerful leg and buttocks muscles. Your feet should be wide apart, head and back upright. Keep abdominal muscles tight and the load in close.



DO USE EQUIPMENT

Do use equipment like hand trucks, dolly's, or forklifts to do the heavy lifting. It's much less work and less risk of injury.



DON'T LIFT BULKY LOADS ALONE



Don't lift bulky or heavy loads alone. Doing so puts great stress on your low back muscles and spine.

DON'T TWIST WHEN LIFTING



Don't twist when lifting, lowering, or carrying any load as this increases your risk of back injury.

DON'T USE YOUR BACK

Don't lift the load with your rear end high and your head low. Use your leg muscles, not your weaker low back muscles.

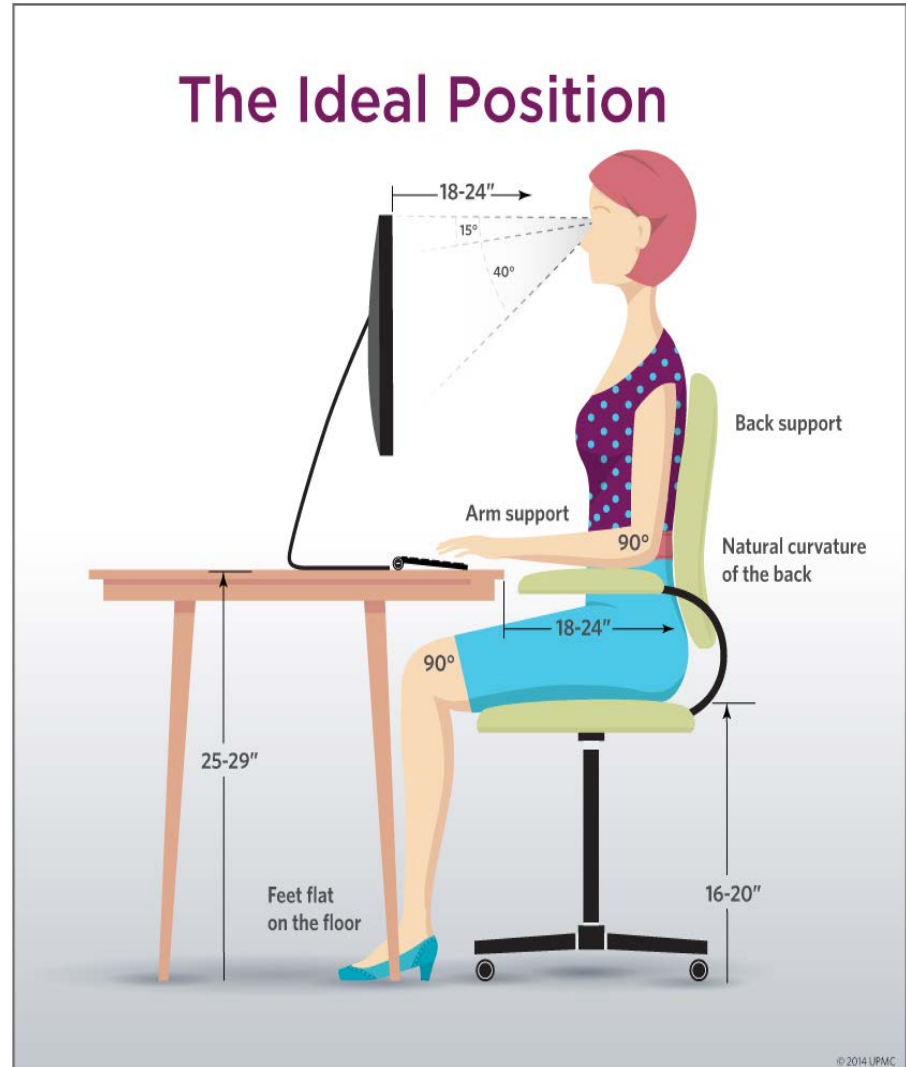
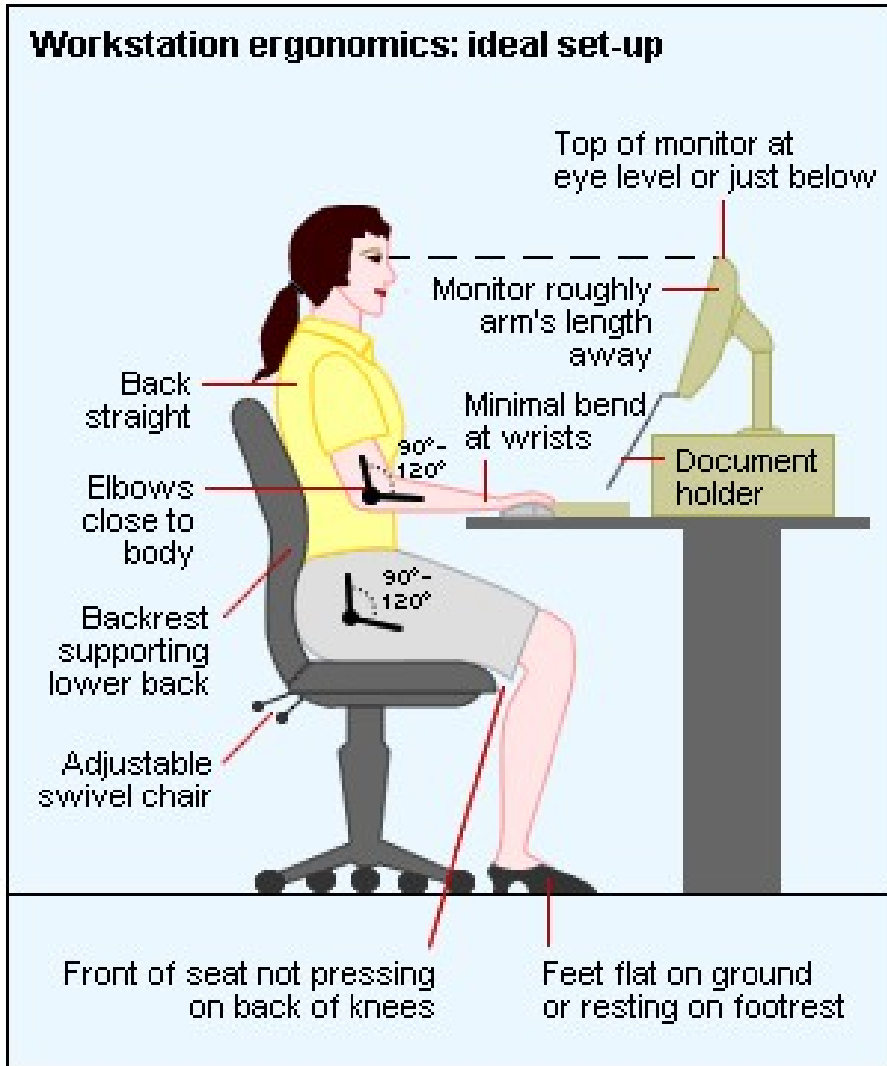


DON'T LIFT HEAVY LOADS

Don't lift heavy loads when you can use equipment. It is less work and less stress on your low back.



SEATED POSTURE CHARTS



More information and resources:

<https://www.inyocounty.us/risk/ergo>

Risk Management: 760.872.2908

Thank you