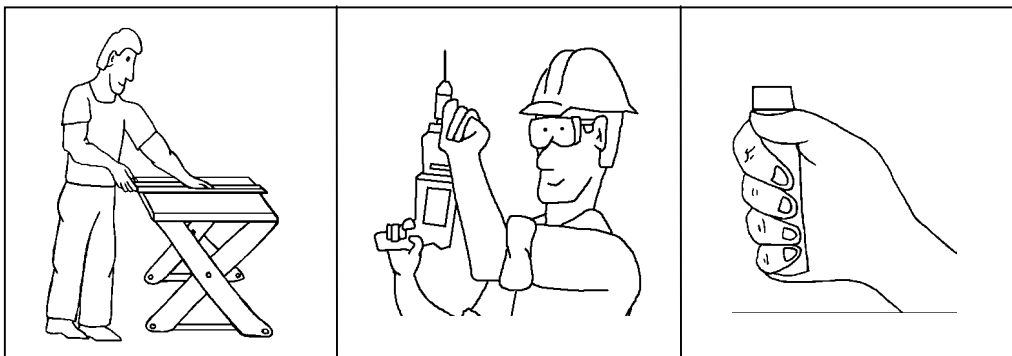


Ergonomics Hazards Prevention and Control

- ◆ Review the worksite for ergonomic hazards.
- ◆ Design the job to fit the person, not the person to fit the job.
- ◆ Design or modify the workstation, work methods and tools to reduce excessive exertion, awkward positions and repetitive motion.
- ◆ Arrange workstations to accommodate the individual who is doing the work — not for an average person.
- ◆ Workstations should be large enough to permit full range of motion with the tools necessary to perform the job.
- ◆ Design work methods to reduce stationary, extreme and awkward posture.
- ◆ Select tools, equipment and handles to reduce the stresses with chronic muscle contraction, vibration, excessive gripping and pinching.
- ◆ Conduct regular maintenance on pneumatic and power tools.
- ◆ When selecting personal protective equipment, proper fit is essential.



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