
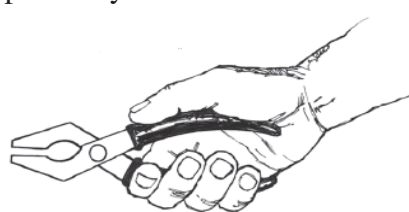
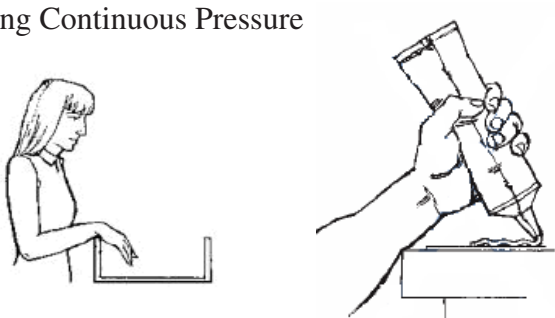


SAFETY IN MANUFACTURING

Ergonomics: Contact Stress

If you see risks like this in your place of work, they need to be controlled.
The recommended limits are on the back.

RISK FACTORS	CONTRIBUTING FACTORS
<p>Forcefully Using Knee or Hand as Hammer</p> 	<p>No proper tools</p> <p>No proper padding</p>
<p>Gripping Repetitively</p> 	<p>Hand tools with ridges or hard edges</p> <p>Hand tools with thin handles</p> <p>No powered hand tools</p>
<p>Applying Continuous Pressure</p> 	<p>Work surfaces with hard edges</p> <p>Materials are hard to reach</p>

Recommended Limits

Forceful Contact

Using the hand or knee as a hammer a few times a minute should be limited to 2 hours total per shift.



Controls

Short-term injury prevention controls

1. Provide workers with proper tools that are easy to use
2. Provide comfortable padding for workers who use their knees or hands as a hammer
3. Increase the size of handles and pad hand tools with hard edges that dig into skin

Long-term injury prevention controls

1. Pad or round hard edges on work surfaces
2. Change layout so that equipment and machinery are within easy reach
3. Provide powered hand tools that require less force