
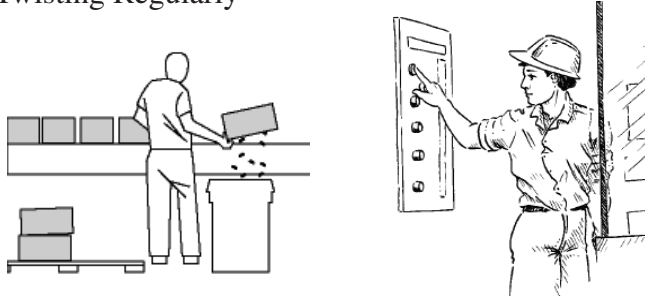





# SAFETY IN MANUFACTURING

## Ergonomics: Repetition

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>Reaching Frequently</p> 	<p>Performing same tasks over and over Poor workstation design and layout</p> <ul style="list-style-type: none"><li>• The location of equipment, machinery, and materials in relation to how the job is performed</li></ul>
<p>Twisting Regularly</p> 	<p>Poor workstation layout Restricted workspace</p> <ul style="list-style-type: none"><li>• Limited access to equipment, machinery, and materials</li></ul> <p>Keeping body in one place instead of turning entire body</p>
<p>Intensive Typing</p> 	<p>Performing the same tasks over and over</p>

## Recommended Limits

Repetitive Motion	Intensive Typing
<p>Repeating the same motion with the neck, shoulders, elbows, wrists, or hands every few seconds should be limited to 2 hours total per shift.</p> 	<p>Continuous typing should be limited to 4 hours total per shift.</p> 

## Controls

### Short-term injury prevention controls

1. Change layout to reduce frequent twisting
2. Change tasks to keep from performing similar actions over and over
3. Provide the proper manual handling devices (such as carts and dollies)

### Long-term injury prevention controls

1. Provide powered hand tools instead of manual tools
2. Train employees in a variety of tasks
3. Make sure new equipment and machinery are adjustable to allow for changing work practices and products