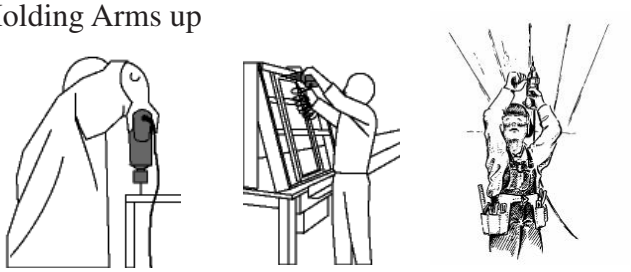
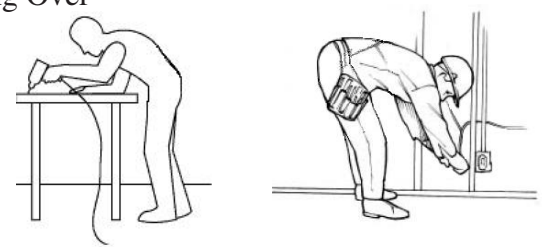
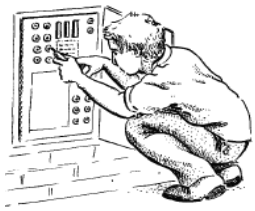
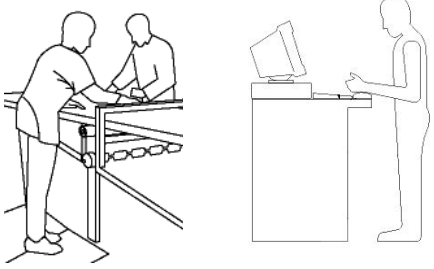
SAFETY IN MANUFACTURING

Ergonomics: Static Postures

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
Holding Arms up 	Poor workstation layout: • The location of equipment, machinery, and materials in relation to how the job is performed Fixed workstation
Bending Over 	Floor level work Poor workstation set-up No seating available
Squatting 	Equipment is hard to reach No seating available
Standing Continuously 	Performing the same task over and over No seating available
Sitting Continuously 	Performing the same task over and over Workstation is not adjustable

Graphics courtesy of the Canadian Centre for Occupational Health and Safety & Victorian WorkCover Authority Code of Practice for Manual Handling (No. 25, 2000) www.workcover.vic.gov.au

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Recommended Limits

Squatting	Raised Arms
Squatting should be limited to 2 hours total per shift. 	Working with arms above the head or elbows above the shoulders should be limited to 2 hours total per shift. 
Bending Over at 30°	**Bending Over at 45°**
Bending over at 30° without support or ability to change posture should be limited to 2 total hours per shift. 	Bending over at 45° without support or ability to change posture should be limited to 2 total hours per shift. 

Controls

Short-term Injury Prevention Controls

1. Provide anti-fatigue matting in areas where workers stand for long periods of time
2. Expand the variety of tasks performed throughout a shift
3. Adjust work surface height to avoid arms being raised

Long-term Injury Prevention Controls

1. Change layout for easy access to equipment and machinery
2. Provide proper seating (such as stools) for low level tasks that require workers to bend over at the waist
3. Provide workstations that can be used while either sitting or standing

Reviewed by the Joint Health and Safety Committee or Safety Representative Date _____