

Industrial Ergonomics

Introduction:

Industrial Ergonomics is the science of adapting the task to the worker. It is often overlooked in several work industries, because of the nature of work being performed. In an industrial environment, there are many risk factors causing injury due to repetitive motions, static or awkward positions, quick movements, vibrations, stressors, and extreme temperature.

Improving the company's ergonomic process should be a priority, because of the benefits which include reduced work related musculoskeletal injuries to the workers, increased productivity and morale, improved quality of work produced, and reduced costs.

Discussion Points:

- What is Industrial Ergonomics?
- Benefits of Implementing an ergonomic program
- Assessment of the workplace; identifying the risk factors
- Designing the workstation, and adjusting equipment and tools to fit the worker's needs
- Training the employees to use proper ergonomic related techniques to maximize personal wellness and job performance

Discussion:

Poor ergonomics leads to musculoskeletal injuries of the worker, causing workers to miss work for long periods of time or possibly for life. These injuries are a result of physical demands related to the job, that exceeds the limits putting strain on joints, muscles, tendons, ligaments, cartilage, nerves or the spine. Performing an assessment of the workplace to identify the risk factors, and implementing ergonomic principles including adjusting the workstation for sitting or standing posture, reducing repetitive and stressful motions, adjusting equipment to proper height, and adjusting items to be within reach will improve the environment and work conditions. The process also includes educating the employees to use equipment properly, and to add a stretching and exercising program to ensure they work safely, reduce work related illness and injuries, and improve overall wellness.

As always, be safe out there!

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