

Work Smarter !

ERGONOMOMIC RISK FACTORS

FORCE

Use mechanical aids such as hoists, lift trucks, or lift tables.



AWKWARD POSTURE

Redesign the work area so all material is easily accessible.



STATIC WORK

Take periodic breaks to reduce the risk of fatigue.



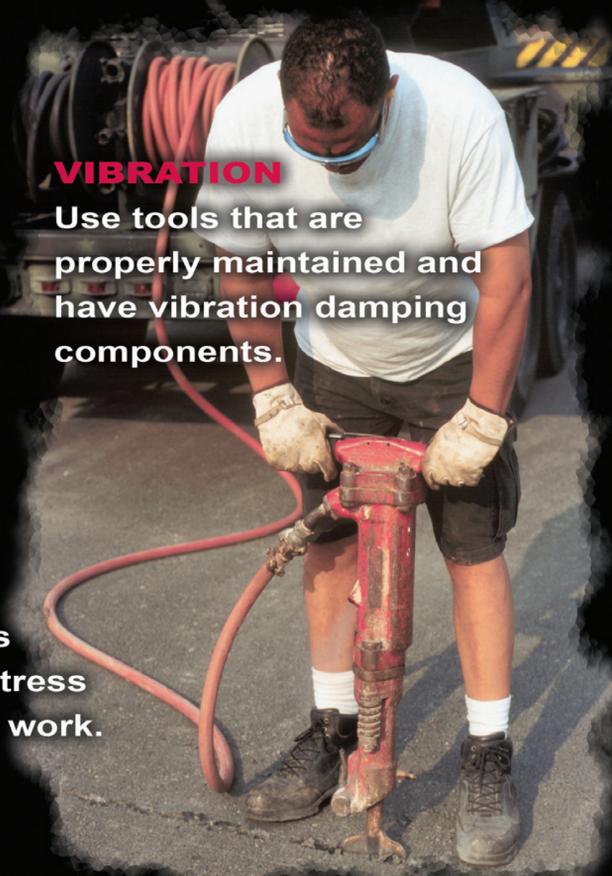
TEMPERATURE

To improve dexterity and efficiency, wear dry, warm, protective clothing.



VIBRATION

Use tools that are properly maintained and have vibration damping components.



REPETITION

Use powered hand tools to reduce or eliminate stress from repetitive, forceful work.



PRESSURE POINT

Choose tools with a compressible, nonconductive, and rounded grip surface.

