

WORKER SAFETY

Ergonomics

Small adjustments today prevent serious injuries tomorrow.

Repetitive motion injuries account for more than 1 in 3 workplace injuries.

Force, posture, repetition, and duration are the four key risk factors.

01

Force

When muscles must exert more force than they can handle, injury risk rises.

Use mechanical aids and proper lifting technique to reduce force demands.

02

Posture

Extreme or awkward postures stress muscles, tendons, ligaments, and nerves.

Adjust your workstation to maintain a neutral, natural body position.

03

Repetition

Performing the same motion repeatedly causes fatigue and wear over time.

Take scheduled micro-breaks to allow muscles to recover during long tasks.

04

Duration

Even moderate tasks cause injury when performed for extended periods.

Rotate tasks, stretch regularly, and report discomfort before it becomes injury.

ERGONOMICS DAILY HABITS

Build these into every shift to prevent injury.

- ☐ Use the right tool for each task to minimize force
- ☐ Stretch before starting and during breaks
- ☐ Maintain neutral posture throughout the shift
- ☐ Rotate tasks to avoid prolonged repetitive motion
- ☐ Adjust workstation height to avoid bending or reaching
- ☐ Report any pain, numbness, or discomfort early
- ☐ Drink plenty of water and take scheduled rest breaks
- ☐ Do not push through pain; report it to your supervisor