Toolbox KITS

ERGONOMICS TRAINING

Ergonomics training

Fit the work to the worker

About 40 minutes, with a 10-question quiz

38 slides | About 40 minutes | 10-question quiz

English + Spanish

SAMPLE



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MODULE 1

What ergonomics means

- [ ] Ergonomics means fitting the work to the worker, instead of forcing your body to fit the work
- [ ] Strain injuries affect muscles, tendons, nerves and joints in the back, neck, shoulders, arms, hands and knees
- [ ] Many build up slowly, from the same awkward reach, heavy lift or vibrating tool, day after day
- [ ] Early soreness is easy to ignore, but working through it can turn it into an injury that keeps you off the job
- [ ] Fixing the task protects your body for the long run

SAMPLE

Toolbox KITS

Crew handout

Ergonomics on the job

29 CFR 1926.21, 1904.35, 1926.300, 1926.20, 1926.95

Do

- Set up the task before you start: raise, lower or move the work closer
- Keep work between your shoulders and knees, close to your body
- Turn with your feet, not your back
- Use tools that fit your hand and keep your wrist straight
- Keep blades and bits sharp, and report worn or damaged tools
- Use a light grip on vibrating tools, keep your hands warm and take breaks
- Rotate tasks and take short breaks to change position
- Report pain, tingling, numbness or swelling early

Don't

- Don't work through numb or tingling fingers
- Don't kneel on bare concrete when pads or a mat are available
- Don't reach overhead for hours when a platform or scaffold can bring you closer
- Don't squeeze a vibrating tool harder than you need to
- Don't lift heavy or awkward loads alone or twist while you carry
- Don't wait until it really hurts to say something

SAMPLE

Remember **Fit the work to your body, and report aches early, before they turn into injuries.**