



DON'T FORCE IT!

Use Good Ergonomics To Avoid Injury

Poor Ergonomics = a task or tool that exposes you to frequent:

- ▶ Repetitive motions on a machine, keyboard, packing, cutting, etc.
- ▶ Forceful exertion of your arm or hand
- ▶ Vibration
- ▶ Awkward positions or movements

Good Ergonomics = a task or tool that:

- ▶ Minimizes repetitive motions
- ▶ Alternates repetitive motions with other tasks
- ▶ Positions the work surface waist-high
- ▶ Places tools and materials within a 20-inch radius of your work zone
- ▶ Uses a chair with adjustable height and back support
- ▶ Positions a computer keyboard for work with wrists straight, elbows at right angles, and arms resting at sides
- ▶ Has light, easy-grip tools that don't require extreme effort
- ▶ Grips tools so the thumb and index finger overlap slightly
- ▶ Avoids bending wrists
- ▶ Holds materials with clamps or jigs
- ▶ Carries materials with a palm-down grip
- ▶ Operates vibrating tools at the lowest efficient speed and the loosest safe grip