

Ergonomic Improvement - The Next Level – Worksheet

MSDs Are Ergonomic Related Injuries

Musculoskeletal Disorders is the proper scientific term but we will use MSDs instead. MSDs are injuries or pain and discomfort in the body's joints, ligaments, muscles, nerves, tendons and structures that support the limbs, neck and back.

Ergonomic Improvement

“Ergonomic improvement is a process for reducing risk and preventing MSD injuries that cause pain and discomfort by effectively managing the movement of people, equipment, material and energy”

Process

- A process is a series of steps developed and designed to achieve a specific result.
- It is never ending.
- It is continuous.
- It has inputs and outputs.
- Every time the process receives a good input a better output should follow.

Hazard

A hazard may be defined as – any source of danger. There are two major types of hazard. The first type is an unsafe behavior. The second type is an unsafe condition.

How Do MSDs Occur

An MSD is an injury or pain and discomfort that happens over time because of unsafe conditions and unsafe behaviors.

Learning to Recognize Danger

Therefore, based on actual life events, we develop skills to keep safe.

In Addition

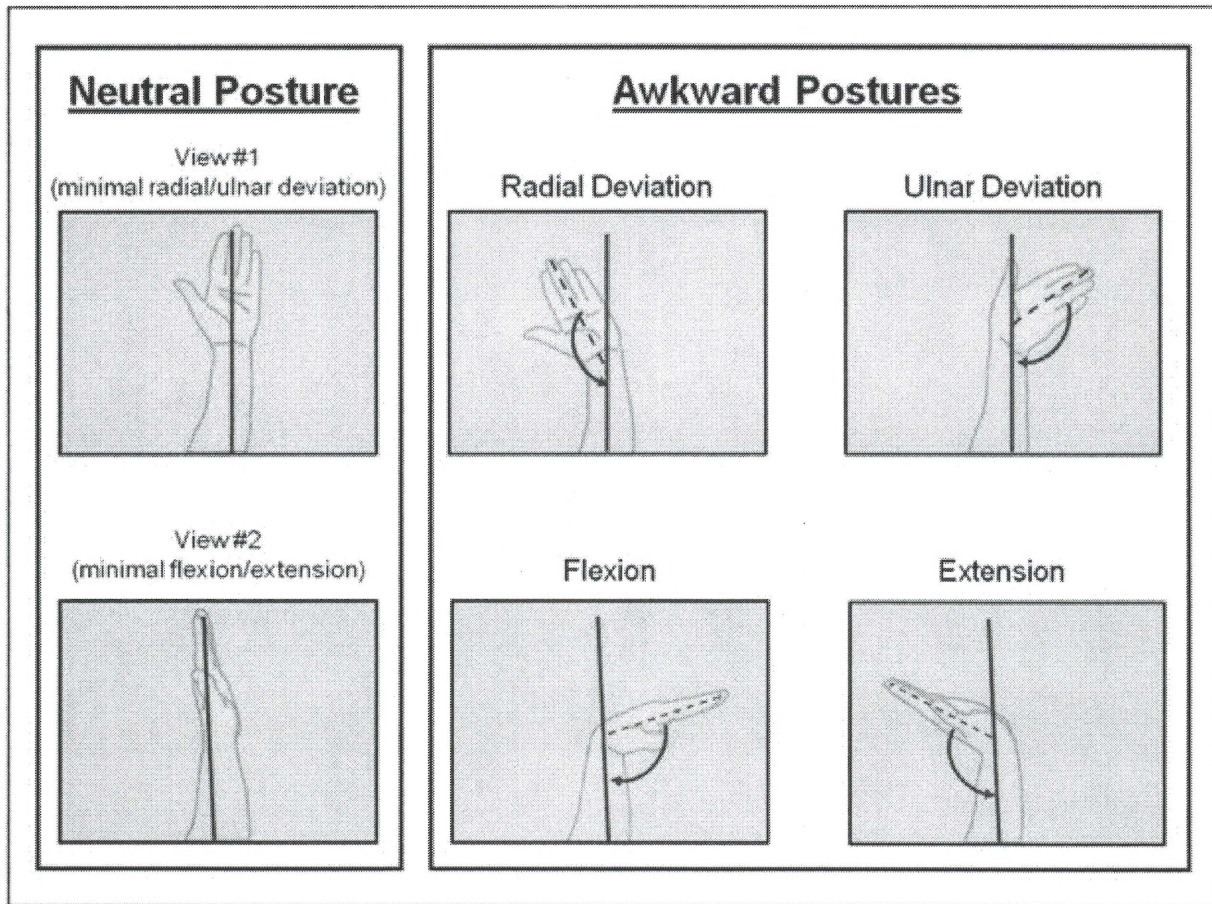
We also develop skills to keep safe by listening to and watching our elders handle potential dangers.

What is the Best Way to Prevent MSDs?

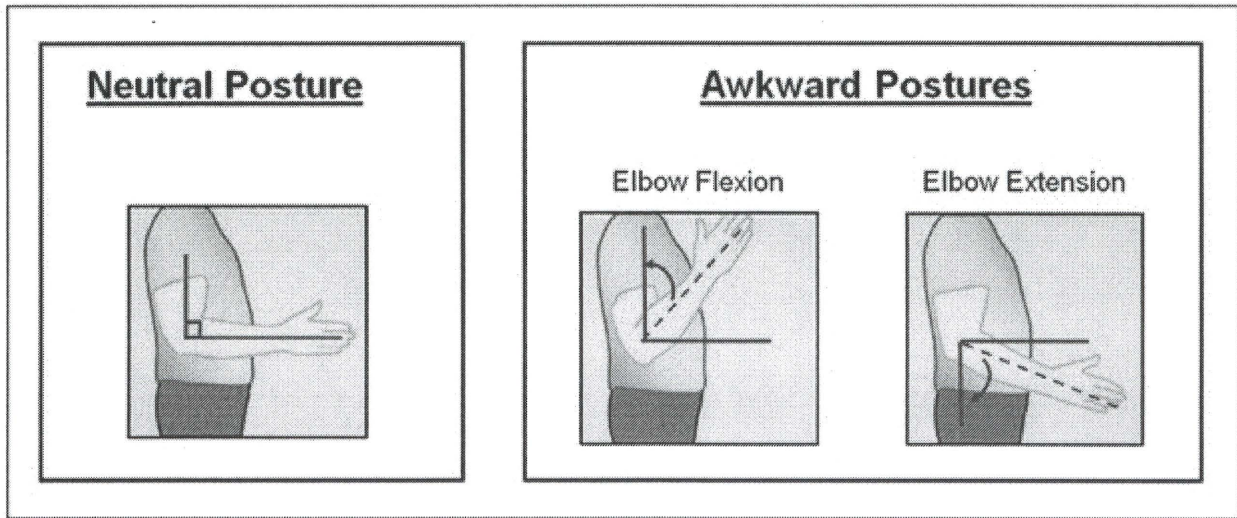
Recognize and manage the postures that cause them

Manage the repetitive movements that cause them

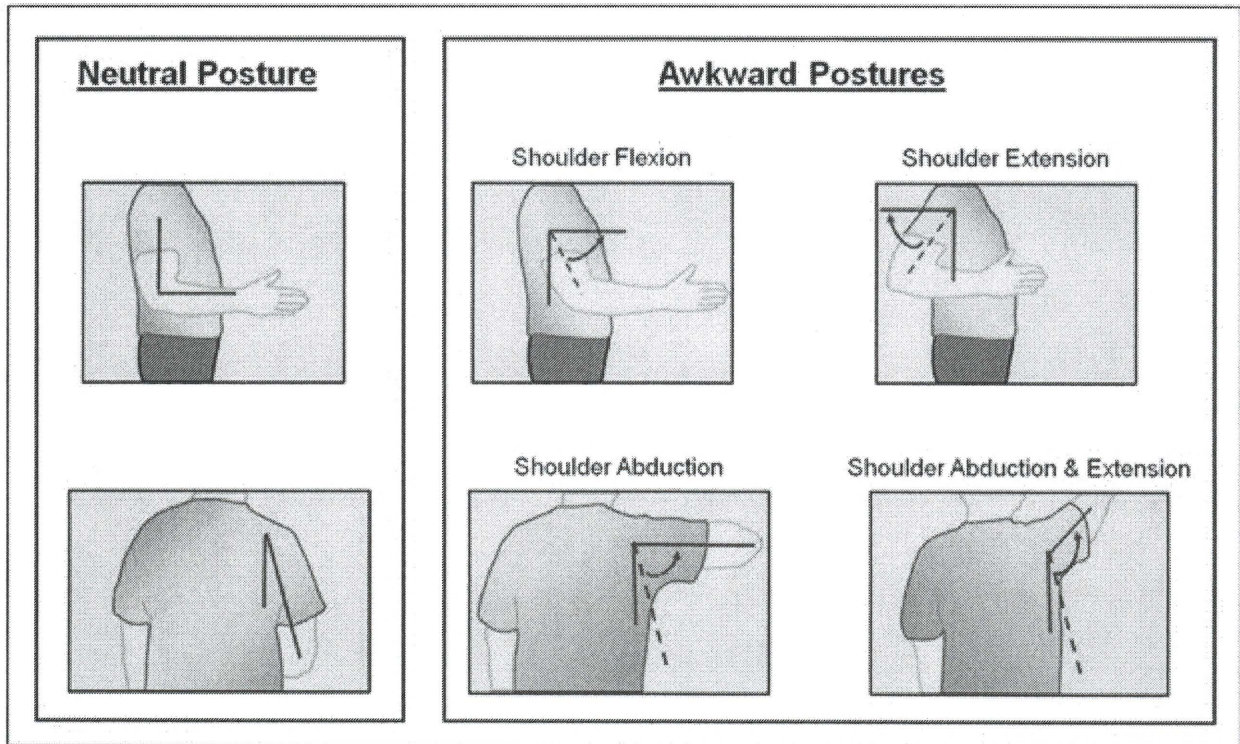
Wrist Postures and Movement



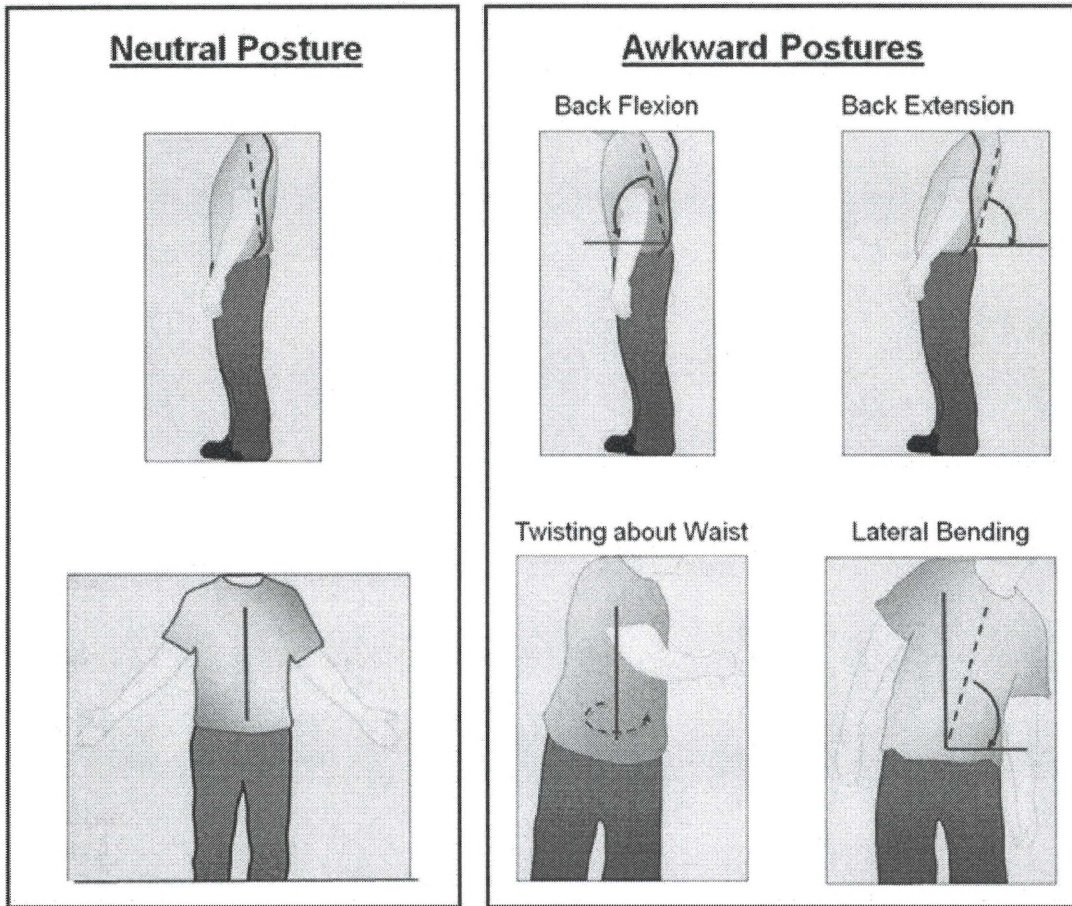
Elbow Postures and Movement



Shoulder Postures and Movement



Back Postures and Movement



Neutral vs. Awkward Postures

Neutral postures produce the least stress on the body while awkward postures produce the most stress.

The Four Factors That Influence Ergonomic Injury

Posture is a factor which can produce physical stress. The remaining three factors are - duration, force and frequency.

This Is What Works

- All of your projects must address three words. They must be practical, feasible and realistic. This is the key to success.
- Practical = it can be done
- Feasible = it makes sense to do it
- Realistic = it is within the capability of the organization to get it

Sage Advice

“ Continuous Improvement is better than delayed perfection “

“ Perfect is the enemy of good “

Five Steps to Improvement

1. Identify an awkward posture
2. Determine what can you do to -
 - Improve the posture
 - Reduce the force
 - Reduce the duration
 - Reduce the frequency
3. Document your improvement
4. Recognize, communicate and share your success
5. Repeat steps 1-4