

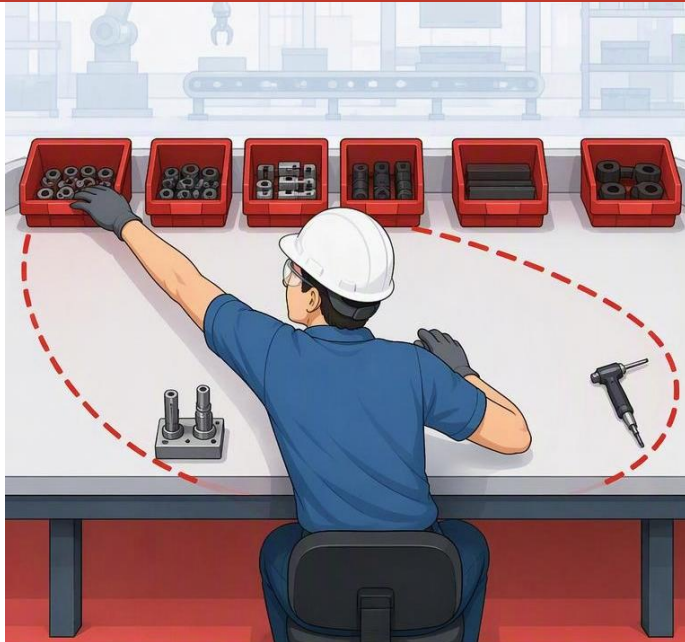
Keep What Matters Close By

ERGONOMIC RISK CONTROL · REDUCE AWKWARD WORKING POSTURES

THE RULE: Place frequently used parts, controls and tools inside the normal reach area.

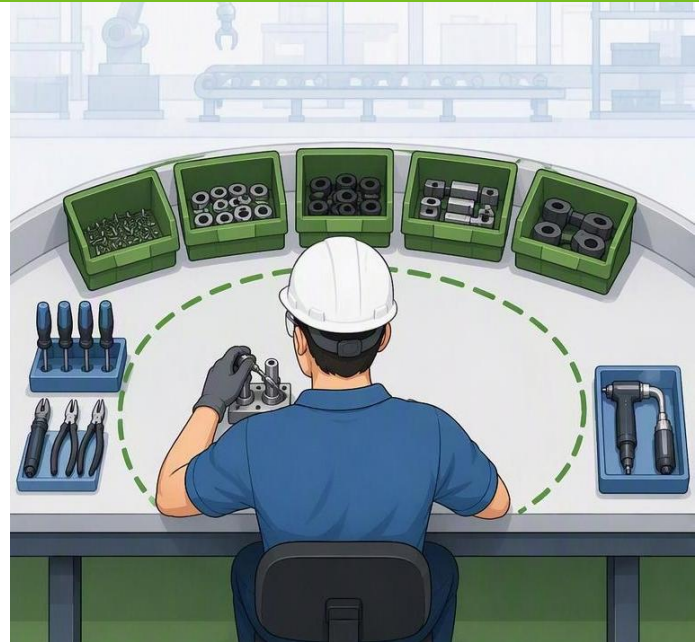
Reserve extended reach for occasional, light items. Keep what's used most frequently close to minimize reaching.

✗ LONG REACH FOR COMMON PART



Leaning and extended reaching every task cycle puts added load and strain on the shoulder and back.

✓ COMMON PARTS CLOSE BY



Build the station around a comfortable sweep of the forearms. Curve and adjust part positioning.

ARRANGE

Put common or heavy items closest. Move occasional items farther away and clear clutter.

AVOID TWISTING

Pivot your chair or move your feet and square your hips and shoulders to the task instead of twisting.

RESET

Take a minute at the start of shift and task cycle to position tools and materials in ideal zone for worker.

CONSIDER THE IMPACT OVER THE FULL WORKDAY

Sometimes small changes seem insignificant but consider how often you reach for a part or tool – Every time you reach a little extra or twist a little more it taxes the body.

Small changes have big impact when you consider how often you perform an action!

BEFORE YOU START — SET UP YOUR WORKSTATION TO MINIMIZE EXTENDED REACHING

- ✓ Identify what parts and tools are used more frequently.
- ✓ Re-check layout as you progress through the workday.
- ✓ Keep what is used frequently close by to reduce reaching
- ✓ Eliminate clutter to help eliminate obstructions.

ERGO BEST PRACTICE: Design the workbench in an arc to match the natural sweep of the arms to optimize reaching.