

## EXERCISE #1

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**Target Audience:** All employees

**Exercise Objective:** Evaluate employee understanding of ergonomics

**Instructions:** Review your workplace's ergonomics program, if there is one. Break into groups and evaluate job tasks of each member of the group to determine if there are ergonomic risk factors related to the jobs.

When analyzing jobs or work tasks that may be associated with ergonomics or musculoskeletal disorders (MSDs), conditions to consider may include, but are not limited to:

- Awkward postures, which might include prolonged work with hands above the head or with the elbows above the shoulders; prolonged work with the neck bent; squatting, kneeling, or lifting; handling objects with back bent or twisted; repeated or sustained bending or twisting of wrists, knees, hips, or shoulders; or forceful and repeated gripping or pinching.
- Forceful lifting, pushing or pulling, which might include handling heavy objects; moving bulky or slippery objects; or assuming awkward postures while moving objects.
- Prolonged repetitive motion, which might include keying; using tools or knives; or packaging, handling, or manipulating objects.
- Contact stress, which might include repeated contact with hard or sharp objects, like desk or table edges.
- Vibration, which might include overuse of power hand tools.

Present findings to other groups. Did the groups identify any concerns about ergonomics issues with any jobs or job tasks? Identify and recommend controls for the hazards. Understand the risk factors associated with MSDs in order to recognize the symptoms before an injury occurs.

### MSD Symptoms

- Your back and neck may experience shooting pain or prolonged stiffness.
- Your shoulders may suffer from pain, stiffness, or loss of mobility.
- Your arms and legs might have periods of shooting or stabbing pains or numbness.
- Your elbow or knee joints could have pain, swelling, stiffness, or soreness.
- Hands and wrists may experience numerous symptoms including pain, swelling, tingling, numbness, coldness, burning sensation, or a loss of strength or coordination.
- Thumbs might experience pain at the base of the thumb.