



Safety in Five

Topic: _____

Date: _____

Location: _____

Company: _____

Topic specifics relevant to your job

The term ergonomics stems from the Greek words ergon (work) and nomos (laws)

- Many tasks put workers at risk for ergonomic injuries to the back, shoulders, arms, elbows, hands and wrists
- Design tasks to fit the worker

Identify jobs and tasks you complete with risk factors, including repetition, friction or reaching

- Consider tools and techniques that can be used to conduct the job in a more neutral position
- Allow employees to communicate their ideas on completing the task with less exposure

The risk of ergonomic injuries can be minimized by:

- Utilizing proper body posture during tasks
- Rotating tasks between multiple employees
- Enhancing tools or workspace design
- Stretching before activity

Practice good posture

- When using long-handled tools, keep your body erect rather than hunching over
- When lifting, bend at knees
- Work below shoulder level whenever possible
- Alternate arms or use both, if possible
- Avoid twisting
- Work with wrists and forearms in a neutral position (thumbs up), when possible
- Avoid pinch grips and holding objects in a tight, sustained position

Pre-shift stretching

- Arm stretches – clasp hands together behind your back, lift as far as comfortable
- Shoulder roll – raise and move your shoulders, pulling your elbows back as far as comfortable
- Low back stretch – slowly lean forward while exhaling
- Body rotation – turn your body to look behind your shoulder on each side

Attendees (Names/Signatures)	

Comments/Suggestions