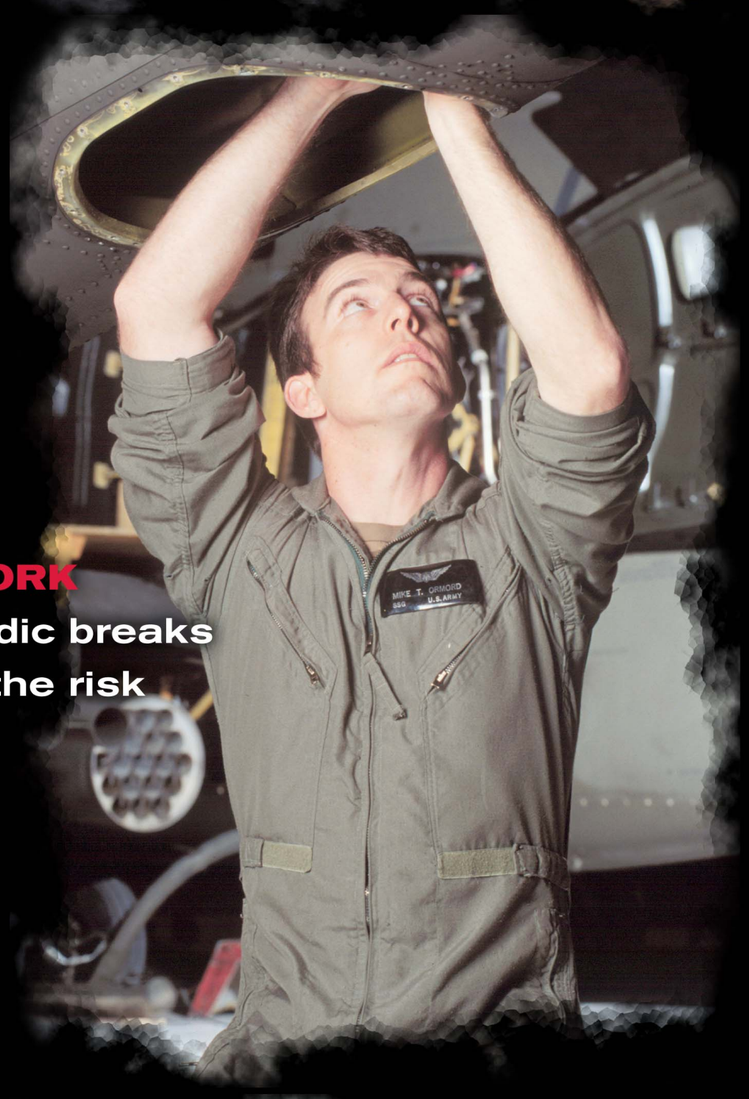
Work Smarter !
ERGONOMIC RISK FACTORS

FORCE
Use mechanical aids such as hoists, lift trucks, or lift tables.

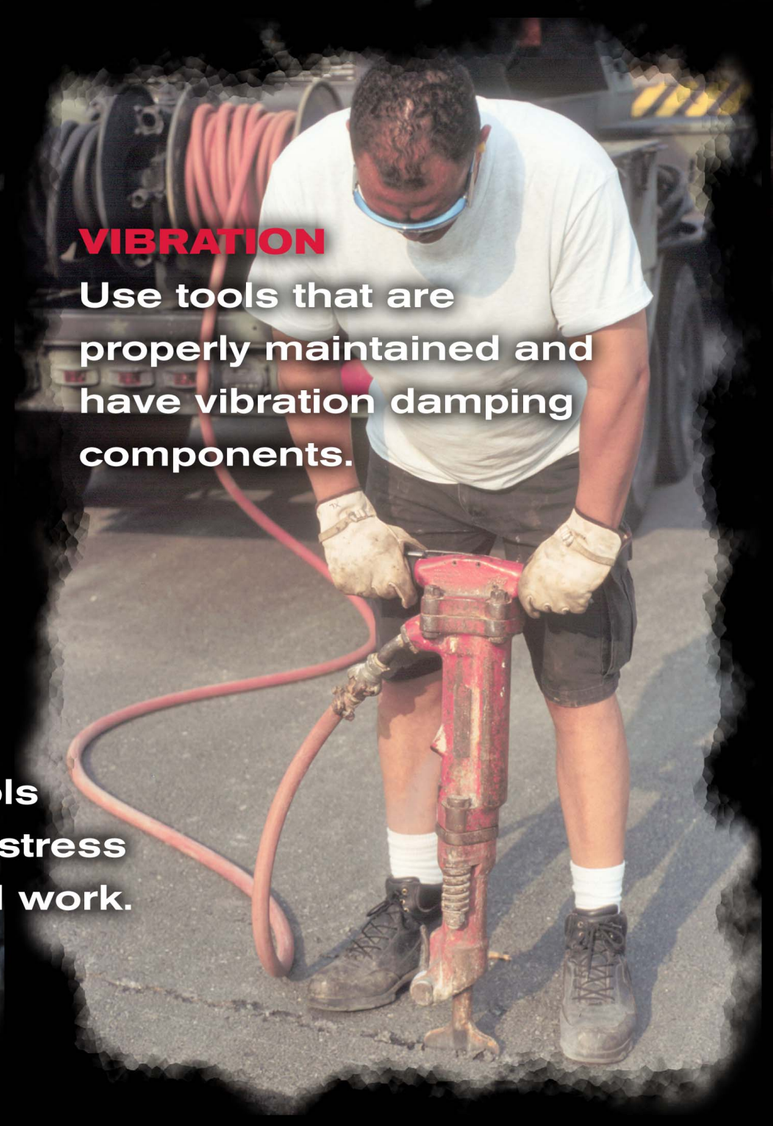
AWKWARD POSTURE
Redesign the work area so all material is easily accessible.



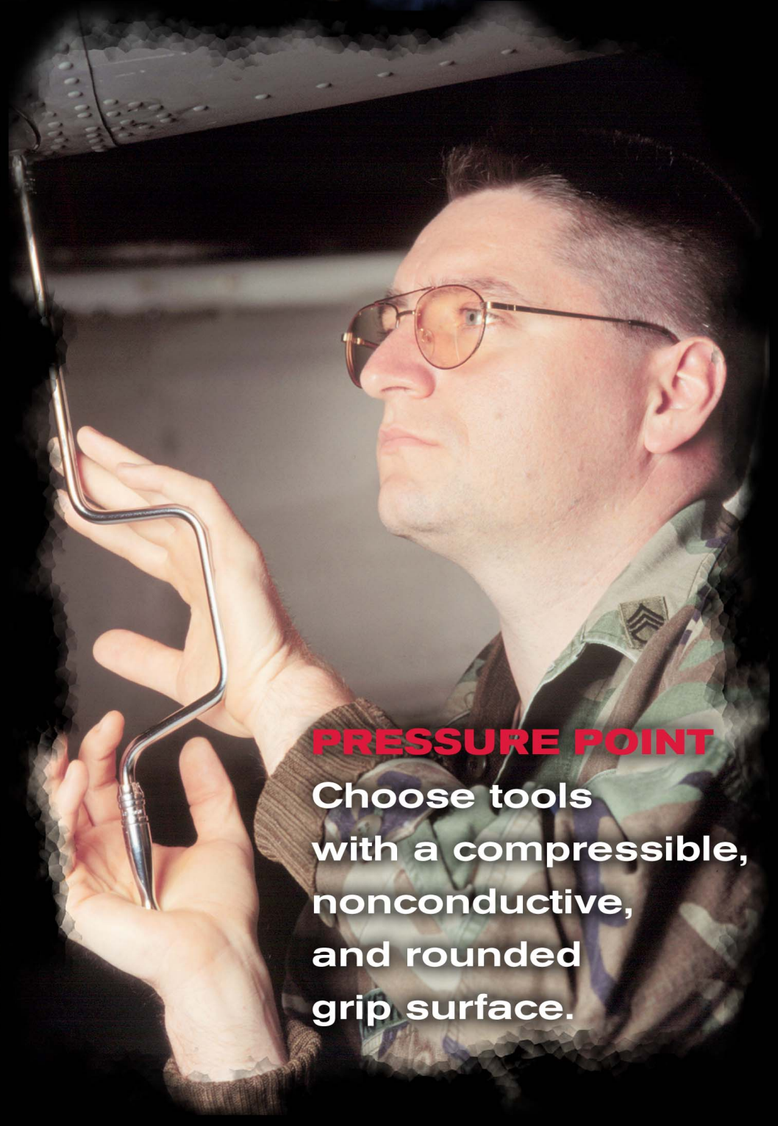
STATIC WORK
Take periodic breaks to reduce the risk of fatigue.

TEMPERATURE
To improve dexterity and efficiency, wear dry, warm, protective clothing.

REPETITION
Use powered hand tools to reduce or eliminate stress from repetitive, forceful work.



VIBRATION
Use tools that are properly maintained and have vibration damping components.



PRESSURE POINT
Choose tools with a compressible, nonconductive, and rounded grip surface.

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