

# Engineer out the hazard



# Administrative controls

- Job rotation
- Shift length
- Overtime management
- Rest breaks
- Production rates



# Work practice controls

- Use proper techniques
- Avoid unnecessary steps
- Job training
- Exercise/conditioning



Other than Carpal tunnel syndrome  
what is another common  
ergonomic symptom?

- Back pain

# Back disorders

- Sprains
- Strains
- Ruptured/  
slipped disks
- Muscle spasms



# Back pain factors

- Improper posture
- Poor physical condition
- Improper lifting



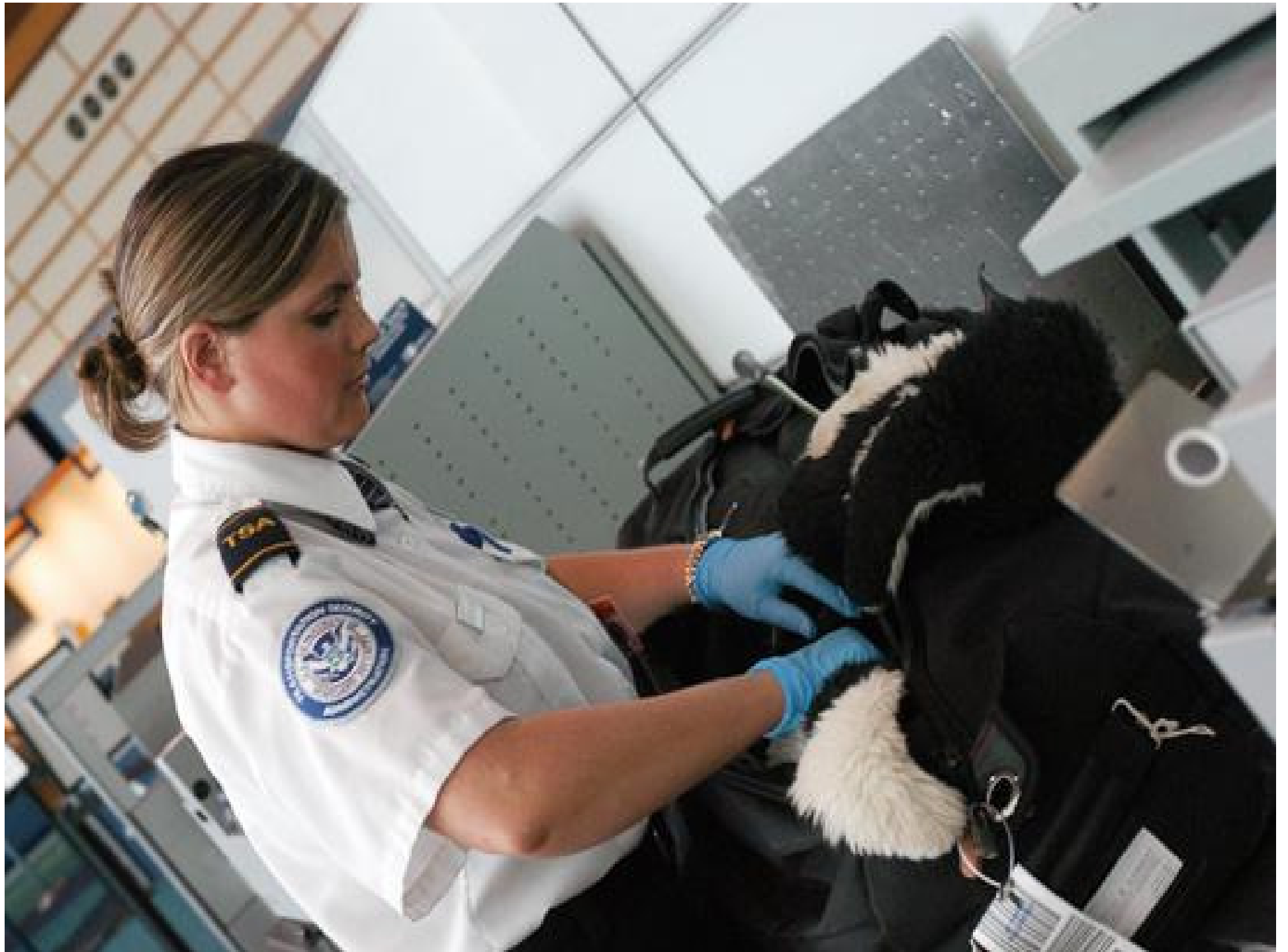
# Proper lifting

- Size up the load
- Bend your knees
- Do not twist
- Clear path
- Lower slowly
- Push carts/dollies









# Wing Assembly and Riveting



# Summary

- Making the task fit the worker is not easy and there are not solid solutions to every ergonomic problem. But keeping your organization on the cutting edge of continuous safety improvement will reduce the pain to your family members (employees)

# Questions?



“Live the Safety Culture”