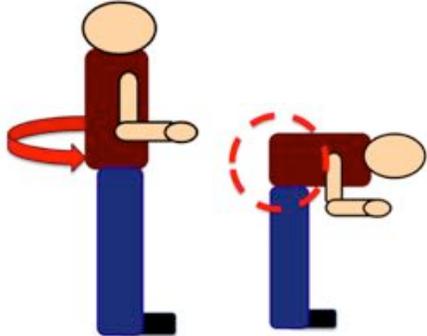
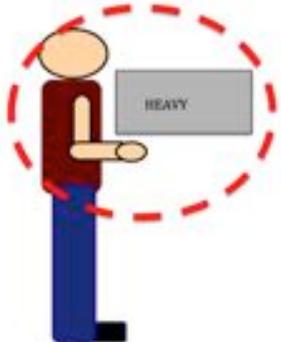
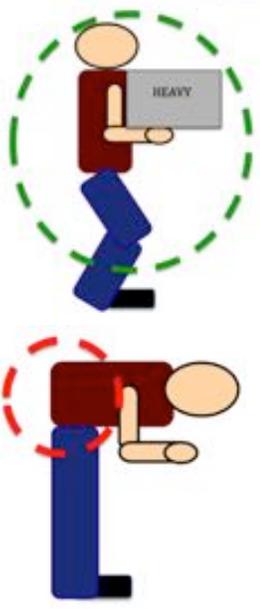
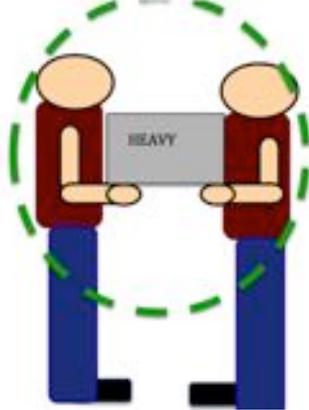




Industrial/ Operations Ergonomic Reference Guide

| Material Handling | | |
|-------------------|---|--|
| Back | Awkward twisting, jerking, bending, and overreaching should be avoided if able. |  |
| Arm/ Shoulder | Carrying or holding heavy loads for long periods of time should be avoided. |  |
| | Arms should not be raised above the head for extended periods of time if avoidable. |  |

| | | |
|----------------------|---|---|
| <p>Lifting</p> | <p>Heavy Loads should be lifted in a smooth motion by bending at the knees and not the back/waist.</p> |  |
| | <p>Team lifts should be used when appropriate to lift heavy loads.</p> |  |
| | <p>Heavy-lifting tasks should be alternated with light tasks. Periodic breaks and pauses should also be utilized.</p> | |
| <p>Tools</p> | | |
| <p>Hand/ wrist</p> | <p>When using tools, hands and wrists should remain in the neutral position.</p> | |
| | <p>Tools should fit comfortably in hand and not cause discomfort from tools shape or contact surfaces.</p> | |
| <p>Tools</p> | <p>All tools should be free of defects and not excessively worn.</p> | |
| <p>Work surfaces</p> | <p>Work Surfaces should be clean and slip resistant.</p> | |

| | |
|-----|--|
| PPE | Personal Protective Equipment should be used when necessary. |
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References

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