

# ELECTRICAL

## SAFETY TRAINING

Company \_\_\_\_\_ Location \_\_\_\_\_ Date \_\_\_\_\_

### ERGONOMICS

Maybe you have already heard the term “ergonomics”. If so, you might relate it to assembly-line work, where employees repeat the same tasks hour after hour. However, it may surprise you that ergonomics plays an important role in practically every industry, including many trades in the construction industry. A few examples are vibration of concrete breaking tools, (i.e. jack hammers, chipping guns, and rivet busters), posture, frequency of tasks, equipment controls, noise, and repetitive motions.

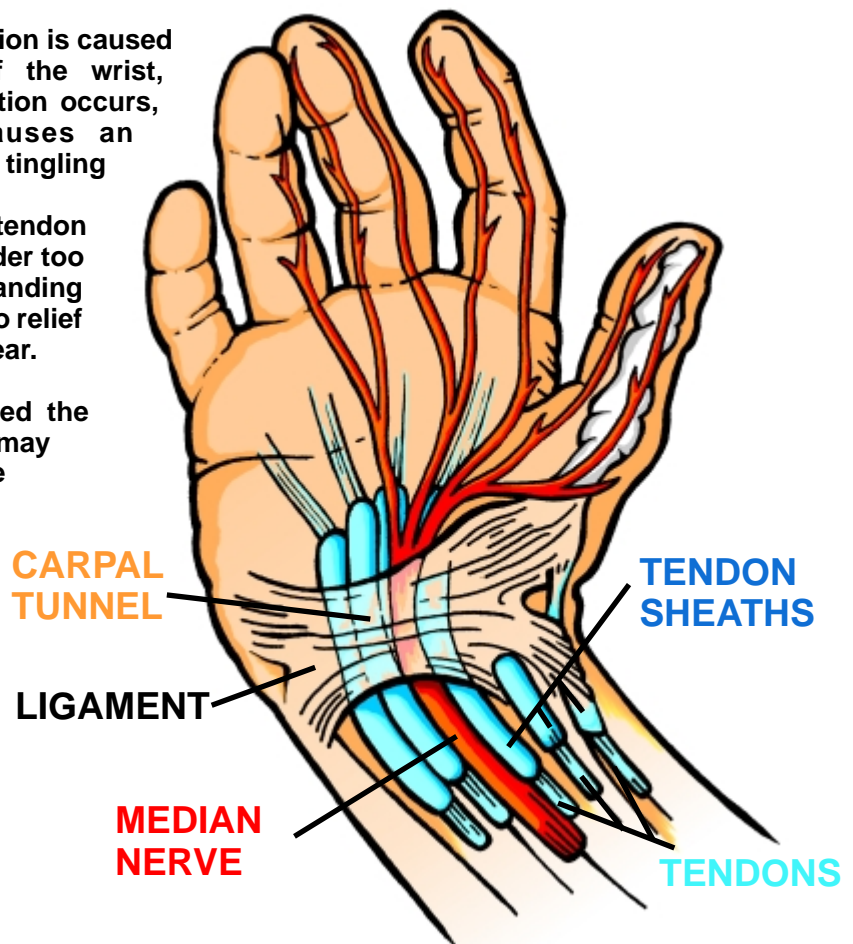
Educate employees in basic ergonomic principles such as

- Performing repetitive activities. The longer you do a activity the higher the probability of you getting hurt
- Bending over continuously because of extended reaches or vision requirements
- Working above shoulder height or below knee height
- Performing activities that require prolonged tension on the neck and shoulders
- Using hand and power tools that are not the right tool for the job
- Operating vibrating equipment or power tools for prolonged periods of time

Some common ergonomics injuries that affect employees over a prolonged period of time are:

- **Carpal Tunnel Syndrome** - this condition is caused by over extension or twisting of the wrist, especially under force. If inflammation occurs, compression of the nerves causes an uncomfortable burning, itching, or a tingling feeling of the hand.
- **Tendinitis** - this inflammation of a tendon results from using the wrist or shoulder too much in ways that are physically demanding beyond their normal capabilities. If no relief is given the tendons can fray or even tear.

The longer the trauma disorders are ignored the worse they will get, and the condition may eventually progress too far to be cured. The goal of education is to encourage employees to report symptoms early such as pain, aching, numbness, or tingling at the hands, wrists, and especially joints around hands, arms, and wrist. What does OSHA say about ergonomics? Currently, there is no standard in the Code of Federal Regulations (1910,1926). However, over the years OSHA has issued citations under the General Duty Clause to companies who choose to ignore or violate ergonomics in their workplace.



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