

Ergo at Work with Tools

OVERVIEW

Work practice controls such as:

- Use carts and dollies to reduce lifting and carrying demands
- Slide objects instead of carrying or lifting
- Eliminate any reaching obstruction to reduce the lever arm required to lift the object
- Rotate job tasks to reduce repeated and sustained postures or movements.
- Take rest or stretch breaks to provide an opportunity to counteract the motion you are repeating. For example: if you have neck bent down to see nail you are hammering then when task is completed—stretch neck up to counteract the stress.



TOOLS

Use of tools whose handles are sized and shaped to complement the hand, require less effort to use thereby reducing the muscle fatigue that leads to discomfort.

The images below depict examples of situations in which a pistol grip and inline grip would be useful as a means for keeping the wrist in the preferred neutral posture.



Inline grip, ulnar deviation = bent wrist, poor wrist position



Pistol grip, neutral = straight wrist, ideal wrist position



Pistol grip, ulnar deviation = bent wrist, poor wrist position



Inline grip, neutral = straight wrist, ideal wrist position

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