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 Foreman: _____

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SMOHIT Safety Sense Toolbox Talks for the Sheet Metal Industry	<h3>Ergonomics</h3>		<h3>Instructor Tips</h3>	
	<ul style="list-style-type: none"> • Repetitive motion injuries, also called cumulative trauma disorders, are shaping up as a major factor in workers' compensation claims. According to The National Institute for Occupational Safety and Health, health problems associated with ergonomics compose the most prevalent lost-time injuries and illnesses in almost every industry. • The back is the most commonly injured body part. Most back problems are symptoms of low-back injuries caused by heavy lifting or frequent bending. • NIOSH has identified several types of disorders that can be caused by ergonomic problems, which include: <ul style="list-style-type: none"> ○ Disorders of the muscles, nerves, tendons, ligaments, joints, cartilage, or spinal discs. ○ Ergonomic disorders that are not typically caused by sudden injury or trauma, like a slip and fall, but reflect a more gradual or chronic development. For instance, musculoskeletal disorders or repetitive motion injuries. ○ Disorders with several distinct features, such as carpal tunnel syndrome, as well as disorders defined primarily by the location of the pain, for example low-back pain. • A proper ergonomics program helps to increase productivity, avoid illness and injuries, and increase satisfaction among workers. To prevent repetitive stress injury, you must control or avoid poor positions, excessive force, and frequent repetition. • Forceful motions that strain muscles and tendons increase your risk of repetitive motion injury. Force is created when you cut or push, pull, or lift materials. Contact force occurs when you press against a hard surface such as a tool or a worktable. • Making the same movements over and over eventually tire muscles. If you keep using those tense, tired muscles, your risk of injury increases. A move is especially risky if you combine repetition with twisting, poor position or excessive force. 		<ul style="list-style-type: none"> • Ask workers if they know the definition of ergonomics. Explain that ergonomics is the study of work and the interaction among workers, machines, and the work environment. Its intended purpose is to maximize productivity by reducing operator fatigue and discomfort. • Emphasize to workers that even a good position is risky if you hold it so long that muscles tense up and blood flow is reduced. 	
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Reference: National Institute for Occupational Health and Safety