

Unit 7: Introduction to Workplace Ergonomics



Health and Safety Awareness
For Working Teens

Dept of Environmental and Occupational Health Sciences
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Key Points

1 What is “Ergonomics”?

- The study of how the human body performs tasks, and how to design and organize equipment and tasks to best fit our bodies’ abilities and limits.
- **Fitting the job to the worker.**



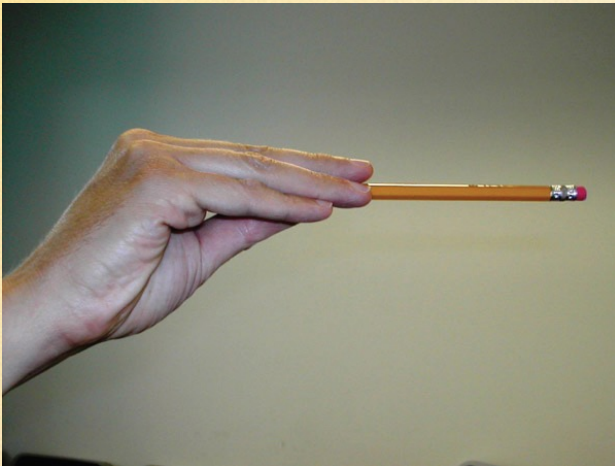
2 WMSDs = work-related musculoskeletal disorders

- Sprains & strains of the back, hands, wrists, neck, etc.
- Most common and frequent type of workplace injury

3 Video “Dr. Ergo” & Discussion of *Risk Factors*

Activity: Experiencing Injury Risk Factors

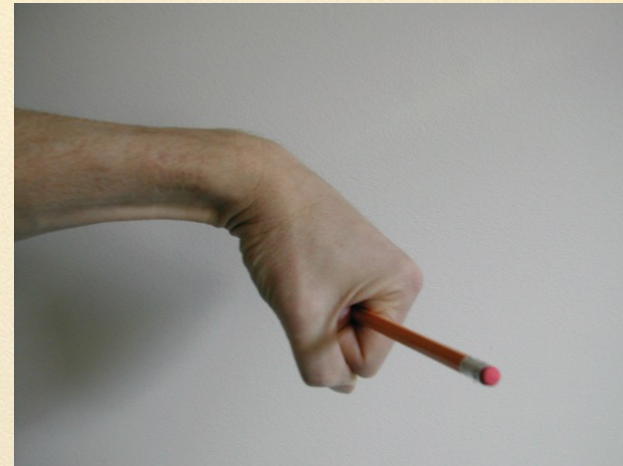
4 Strong & Weak Grips: Tug o' War!



- Pinch grip vs. power grip

Activity: Experiencing Injury Risk Factors

5 Strong & Weak Grips: Tug o' War!



- Bent wrist grip vs. neutral wrist grip

Activity: Posture, Force, & Effort *(handout B)*

6 Safe lifting at the pizzeria: practice proper lifting



1) Size up
the load



2) Lift



3) Move



4) Get set
and lower

Summary and Discussion

7

- Top concepts learned today?
- Why worry about ergonomics now, as a teen?
- How will you change your behaviors?
- What can you do if you are asked to perform a task that you feel uncomfortable or incapable of doing safely?
- Computer, smartphones & tablets...what are the risks and solutions?