



HOW TO PREVENT WORK INJURIES!



Below you'll find the top ten ergonomics principles to prevent work related injuries. Also, make sure to provide the following information to your employee and if needed consult a certified physiotherapist to help you set-up a safe work environment.



01

WORK IN NEUTRAL POSTURES:

Educate your employees on the correct posture that they should work in, so that they do not cause harm to their spine, shoulders, elbows or wrists. Privilege neutral position and proper body alignment to decrease strain and load on the joints.



02

REDUCE EXCESSIVE FORCE:

Excessive force on your joints can create a potential for fatigue and injury. In practical terms, try to identify tasks that imply excessive force and think of ways to make improvements. (example: reduce force on hands by providing hand holes on boxes).



03

KEEP EVERYTHING IN EASY REACH:

Save muscles from undue stretching by moving objects close to you.



04

WORK AT PROPER HEIGHTS:

Do most of the work at elbow height except for heavier work (best done at lower than elbow heights) and for precision work or visually intense work (best done above elbow height).



05

REDUCE EXCESSIVE MOTION:

Do not hesitate to use power tools instead of manual tools to reduce repetitive movement.



06

MINIMIZE STATIC LOAD:

Holding the same position for a long period is known as static load. It creates fatigue and discomfort and can interfere with work. Try using an extender for tools when working overhead to minimize static load.



07

MINIMIZE PRESSURE POINTS:

Continuous contact of a body part with a hard surface can be very stressful on certain body part. For example, standing on hard surface like concrete can hurt your feet. Using an anti-fatigue mat or insoles in your shoes to decrease contact stress.



08

PROVIDE CLEARANCE:

Work area should be set-up to provide you a clear view and enough room around you.



09

MAINTAIN COMFORTABLE LIGHTING:

To decrease eye strain and glare problem, make sure to keep a good lighting and avoid reflective surfaces.



10

MOVE, EXERCISE & STRETCH:

The human body needs to be exercised and needs to be stretched. Alternating between sitting and standing throughout the day is ideal.

Do not hesitate to seek your physiotherapist to help you prevent injuries and improve your work ergonomics!



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