

Basic Ergonomics Training

Superfactory Excellence Program™
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WHAT IS ERGONOMICS?

- It is the practice of arranging the environment to fit the person working in it.
- Ergonomic principles help reduce the risk of potential injuries from :
 - * Overuse of muscles
 - * Bad Posture
 - * Repetitive motion
- Objective of ergonomics is to accommodate workers through the design of:
 - * Tasks
 - * Controls
 - * Tools
 - * Work stations
 - * Displays
 - * Lighting & equipment

WHY IS THERE A CONCERN?

- **Recognition that risks exist within the workplace, both in the factory and office areas.**
- **Commitment to providing a “Clean, Safe and Attractive” work environment for employees.**
- **Benefits from Safety improvements create the same for Productivity and Quality of product.**
- **Regulatory requirements (OSHA).**

WHAT MAKES AN EFFECTIVE PROGRAM?

- **Management committment and employee involvement are essential.**
- **Management can provide:**
 - * **Resources (Time, people, financial)**
 - * **Managing & motivating forces behind effort**
- **Employees can provide:**
 - * **Intimate knowledge of the jobs performed**
 - * **Identification of existing & potential hazards**
- **Together they provide the solutions to the issues.**