

Ergonomics



Community Services

FOR EVERY1

Health & Productivity



Disclaimer:

- * The information contained within this presentation is for informational purposes only.
- * It is not intended nor implied to be a substitute for professional medical advice.
- * You should always consult you personal healthcare provider to determine the appropriateness of this information for your own situation of if you have any questions regarding a medical condition or treatment plan.
- * Nothing herein shall constitute the creation of a physician patient relationship.

Ergonomics

Matching Work to People

People

Anatomy

Physiology

Psychology



Psychology of Safety

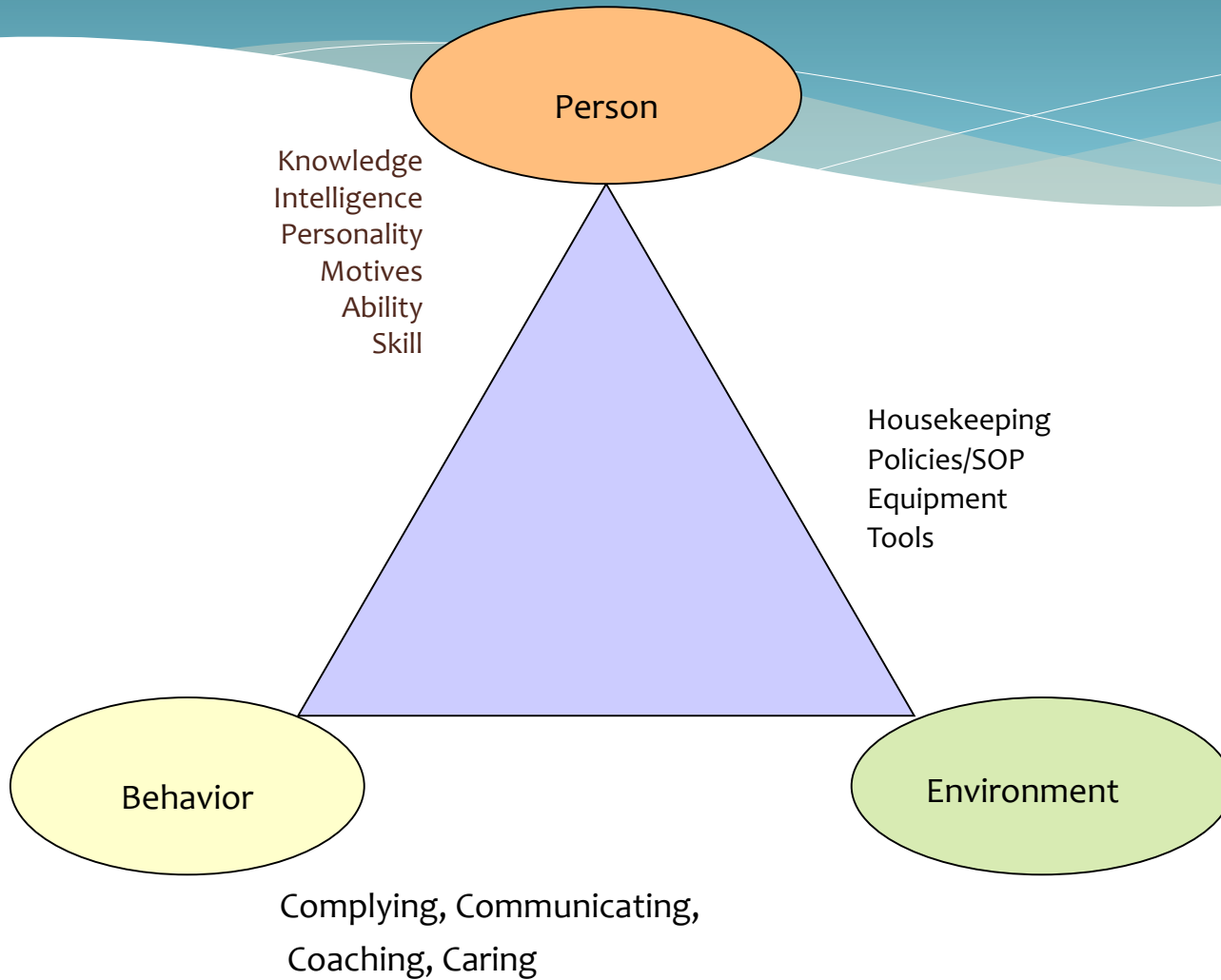


We often rationalize risk

- * Couch Potato
- * Drink too much
- * Smoke
- * Poor nutrition
- * Take short – cuts on the job
- * Drive too fast
- * Risk taker



Safety Triangle



Facts About Back Pain



- * Most common human complaint next to the common cold.
- * 80% of the U.S. Population is affected at sometime.
- * Pain ranges from mild to excruciating, even paralyzing

Ergonomic Risk Factors

(FRED VP)

- * **F**orce – lift, carry, push, pull, grasp, pinch, strike, contact
- * **R**epetition – repetitive motions
- * **E**nvironment – hot, cold, light, noise, dust, fume
- * **D**uration – length of time and recovery/ rest time

- * **V**ibration – whole body or segmental
- * **P**osture – body or joint position

Work-Related Risk Factors

- * Frequently lifts heavy objects
- * Stands or sits in one position more than 30 minutes
- * Improper footwear
- * Complete tasks involving frequent bending
- * Pick up heavy objects from the floor
- * Hold the phone receiver between ear and shoulder

Weakness Caused by Fatigue is Often the Underlying Cause of Injury

- * **Fatigue** – The enemy
- * **Ache and Pain** – The Symptom
- * **Inflammation** – The problem
- * **Injury** – The result

How to Reduce Your Risk

- * Avoid lifting and bending when you can
- * Place object up off the floor.
- * Raise or lower shelves to be at a level that suits your reach.
- * The best zone for lifting is between your shoulders and waist.
- * Use carts and dollies to move objects whenever possible.
- * Use Hoyer lift to support moving people as trained
- * Ask for assistance!



How to Reduce Your Risk

- * Body Management

- * Know your body's limitations

- * Slow down

- * Rest your back

- * Get in shape



- * The purpose of the back muscles is to maintain the three normal curves.



The wrong way!



The right way!

Muscles – Without the 3 normal curves of the spine, the muscles are stretched and in their weakest position and may tear (strain).

Back Bend Exercise (Disc Re-shaping Exercise)



- * After heavy lifting
- * After repetitive lifting
- * After long car rides
- * After sitting
- * After forward bending (more than 45 seconds)
- * After squatting or kneeling

Safe Lifting & Transferring

- * In Human Services it is important to practice safe body mechanics by assisting people with a physical limitation or by simply helping someone up. By doing this is by:
 - * Single Person Transfer
 - * Two Person – Top & Bottom Transfer
 - * Two Person – Side by Side Transfer
- * **We will be using the reference sheet of all the transfers step by step.**

Congratulations!

Please click the link below or copy and paste it into your web browser to complete the form and receive credit for taking this training.

<https://goo.gl/forms/KwpdOzbZBclE7Sm92>

Be Smart
&
Stay Safe!