

# Work ergonomics

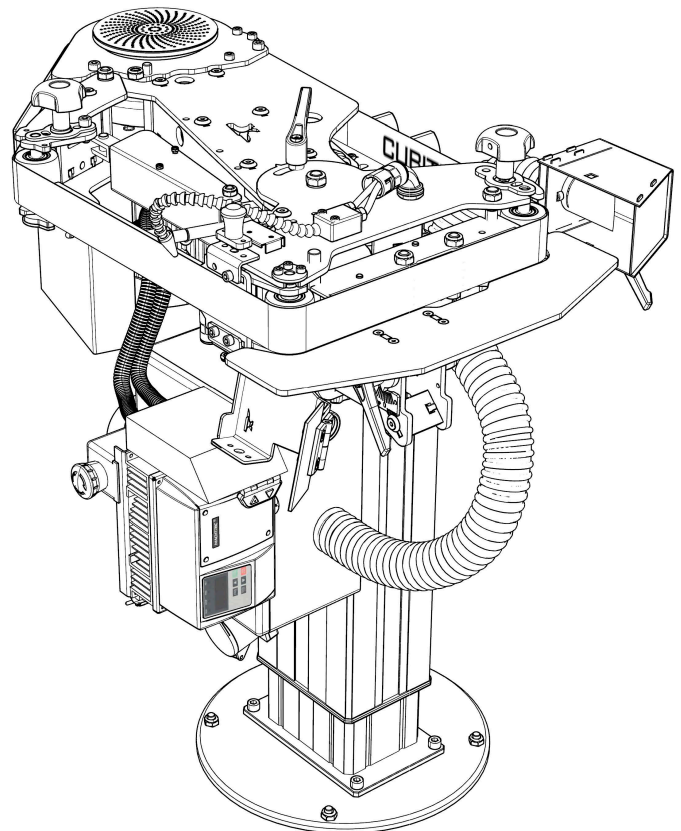
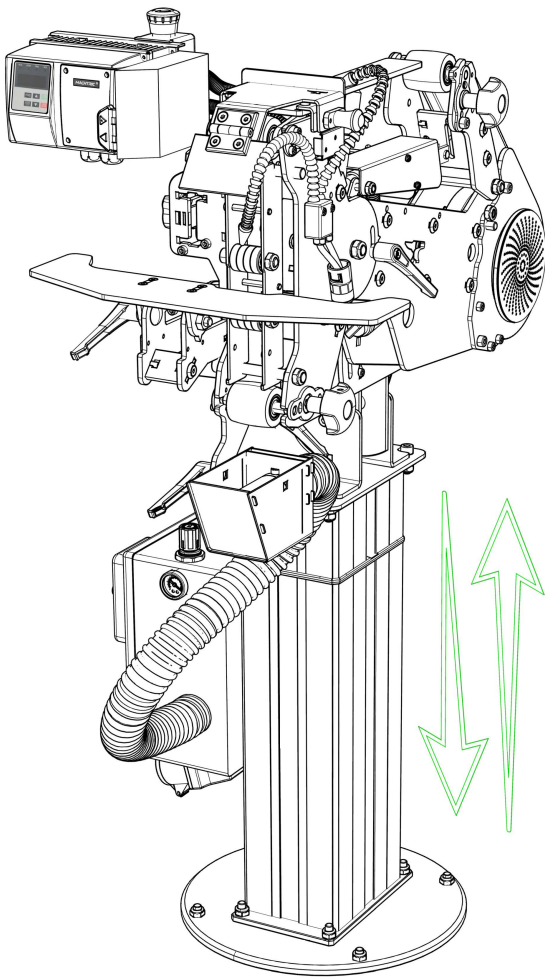
## Musculoskeletal disorders you can avoid

Ergonomics is all about fitting a job to your employee. Improved ergonomics helps lessen muscle fatigue and in many cases avoid musculoskeletal disorders (MSDs).

The MSDs typically comprise of bone, joint and muscle problems affecting the neck, shoulders, arms, hands, or spine.

20.1% of all reported workrelated health problems account for bone, joint or muscle problems affecting the shoulders, neck, arms and hands

29.5% of all reported work-related health problems account for bone, joint or muscle problems affecting the back



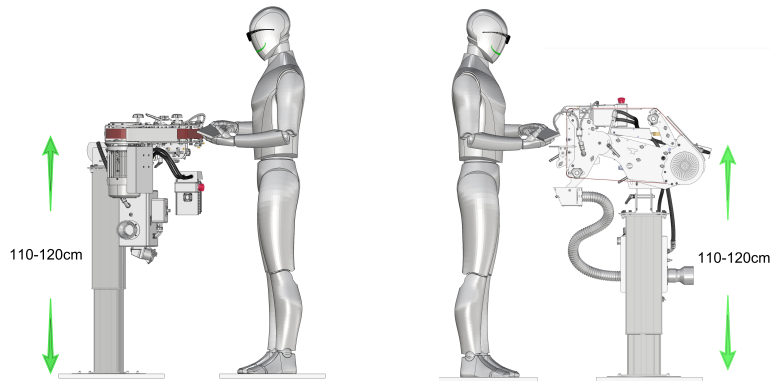
# How to use your workstation

Purchasing adjustable workstations is a good idea, if you want to improve ergonomics. However, it literally cannot stand alone. A thorough risk assessment of the workplace needs to precede the purchase to help you clarify precisely what type of solution your employees need.

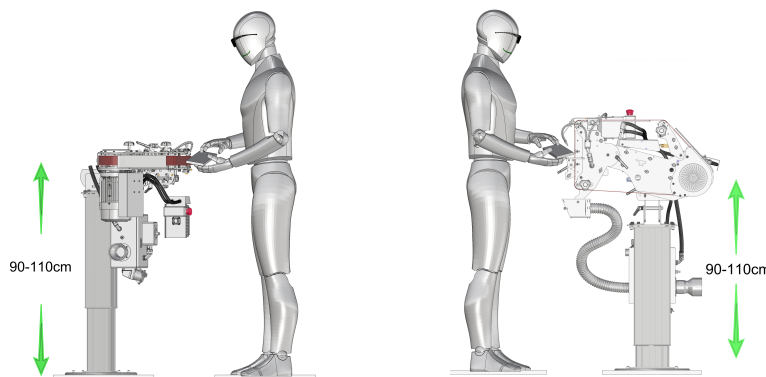
The second part is teaching the employees how to use the adjustable workstation correctly. There are a few guidelines to start with.

Nitty-gritty precision work is usually done close to the body and relatively close to the employee's eyes. This means the tabletop needs to be quite elevated.

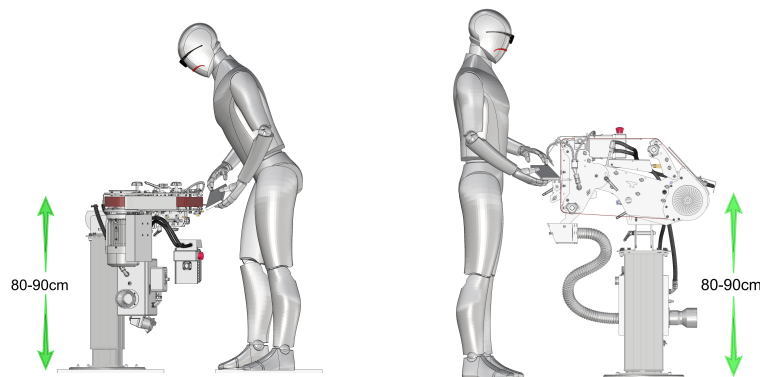
Assembly work is often a more speedy process requiring a bit more space to move the arms, while heavier workloads require a lower table to minimise the weight to lift, push or pull by the worker.



**Precision work**  
e.g. electronic assembly  
about 5 cm above  
elbow height



**work  
assembly line**  
about 5-10 cm below  
elbow height



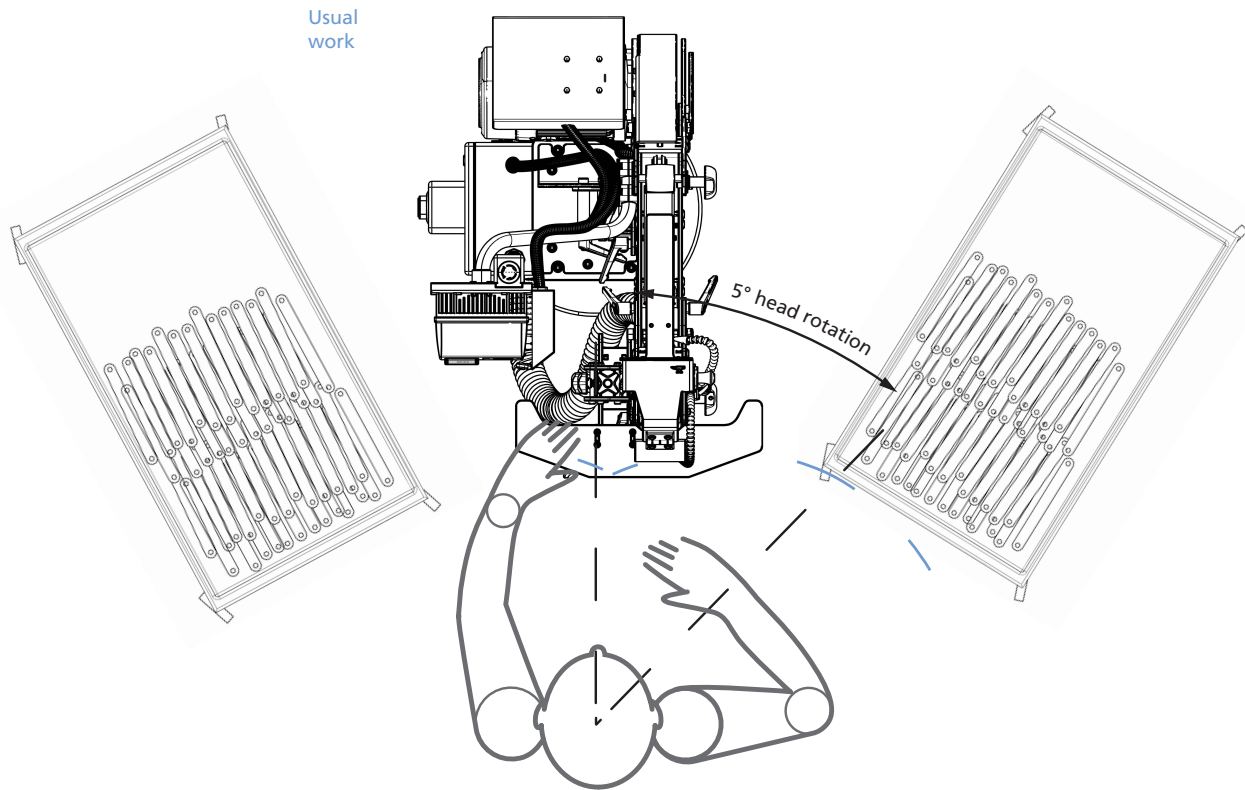
**Heavy work**  
65 - 95 high downward forces  
about 20-40 cm  
below elbow height

## Basic principles for standing work

- The human is built for movement, so change working positions frequently. Changing body positions improves blood supply to the muscles and helps reduce overall fatigue. It also distributes the load more equally on different parts of the body, reducing strain on individual muscles and joints used to maintain the upright position.
- Pace work appropriately
- Ensure suitable rest periods

The risk assessment will also help disclose what tasks are the most frequently performed by each employee. To minimise the strain on arms, shoulders, neck and back these repetitive tasks and associated movements should be limited to the area right in front of the employee.

The Canadian Centre for Occupational Health and Safety created a few rules of thumb to explain how to arrange work at the workstation. Needless to say, adjustable workstations will help you align with these rules and surely make your employees happier.



#### Rules of thumb:

- Always face the object of work
- Keep the body close to the work
- Organise the work so frequent operations are done within close reach
- Avoid reach above or behind the shoulder line
- Avoid extreme bending, stretching and twisting
- Elbow support for precision work helps reduce tension in the upper arm and neck



The law requires employers to demand ergonomics

The Occupational Safety Act (358/2002) obliges employers to ensure the health and safety of the country's employees. The employer must carefully monitor the working environment, the state of the community and the safety of working methods. The impact of the measures taken will be met. Individual products are not enough, but the work must be achieved as a whole.