

Ergonomic Quick Assessment

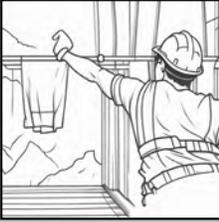
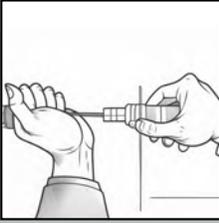
Observed	Hazard Description & Correction	Notes
	<p>Static Pose</p> <p>HAZARD: Any posture that is held for a period of time that causes fatigue in muscles increases the risk of injury.</p> <p>CORRECTION: Avoid stressful posture if possible, or take frequent breaks and stretch to allow muscles to recover.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p> <hr/> <p>Suggested Corrections:</p>
	<p>Bottoms Up</p> <p>HAZARD: This posture causes stress to the spinal ligaments and discs dramatically increasing risk of injury.</p> <p>CORRECTION: Use proper mechanics. Tighten core muscles and look up while lifting. Use a mechanical assist.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p> <hr/> <p>Suggested Corrections:</p>
	<p>Doing the Twist</p> <p>HAZARD: Twisting or torsion forces along the spine dramatically increasing risk of injury.</p> <p>CORRECTION: Move your feet and step in direction of work. Tighten core muscles and NEVER TWIST.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p> <hr/> <p>Suggested Corrections:</p>
	<p>Overhead Reach</p> <p>HAZARD: Repetitive reaching overhead causes excessive strain on the shoulder joint and rotator cuff muscles.</p> <p>CORRECTION: Use appropriate working height adjustment to keep work at shoulder to waist height.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p> <hr/> <p>Suggested Corrections:</p>
	<p>Chicken Wing</p> <p>HAZARD: This posture can cause irritation of elbow and shoulder tendons.</p> <p>CORRECTION: Position yourself at proper height to work using appropriate working height adjustment/equipment.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p> <hr/> <p>Suggested Corrections:</p>

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Observed

Hazard Description & Correction

Notes

	<p>Reaching Out</p> <p>HAZARD: This posture causes stress to the shoulder, upper back and neck increasing risk of injury.</p> <p>CORRECTION: Keep loads close and position your body to avoid repetitive reaching.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p>
	<p>Low Reach</p> <p>HAZARD: Repetitive reaching below waist level causes strain on the shoulder complex and back.</p> <p>CORRECTION: As much as possible, raise work to proper height or bend knees to lower self.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p>
	<p>Wrist Flex/Extension</p> <p>HAZARD: Repetitive wrist flexion and extension causes strain to the muscles and tendons of the hand and forearm.</p> <p>CORRECTION: Avoid this posture. Re-position yourself or use a different tool to eliminate risk.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p>
	<p>Vibration</p> <p>HAZARD: Vibration increases stress to the hand and arm which can cause forceful gripping of the tool and fatigue.</p> <p>CORRECTION: Maintain tools properly, wear PPE and avoid prolonged exposure to vibration.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p>
	<p>Reach Zones</p> <p>HAZARD: Reaching for items outside of the Reach Zone causes stress to the upper shoulders, neck and back.</p> <p>CORRECTION: Make sure your workstation is set up properly. Have frequently used tools in the Reach Zone.</p> <p>Force Frequency Duration</p>	<p>Activity Where Observed:</p>

Contact your Acisure risk advisor for more information and to learn how you can better proactively handle ergonomic risks.

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