

Improve your work posture

Ergonomics for Maintenance Employees

Awkward postures make more demands on your body. In some cases, the placement of the work piece will affect your shoulder, elbow, wrist, hand, or back posture. Whenever possible, choose a tool that requires the least continuous force and can be used without awkward postures. The right tool will help you to minimize pain and fatigue by keeping your neck, shoulders, and back relaxed and your arms at your sides.

For example, avoid raising your shoulders and elbows. Relaxed shoulders and elbows are more comfortable and will make it easier to drive downward force.

If you are sitting ...



Stand

If you are standing ...



Reposition your work piece



Work on a lower work surface



Get a Grip!!

Ergonomics for Maintenance Employees

Select a tool with an angle that allows you to work with a straight wrist.

Tools with bent handles are better than those with straight handles when the force is applied horizontally (in the same direction as your straight forearm and wrist).



Straight handle



Bent handle

Tools with straight handles are better than those with bent handles when the force is applied vertically.



Straight handle



Bent handle

Select a tool that can be used with your dominant hand or with either hand.



