

## Ergonomic Improvement - The Next Level – Worksheet

### MSDs Are Ergonomic Related Injuries

Musculoskeletal Disorders is the proper scientific term but we will use MSDs instead. MSDs are injuries or pain and discomfort in the body's \_\_\_\_\_, ligaments, \_\_\_\_\_, nerves, \_\_\_\_\_ and structures that support the \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

### Ergonomic Improvement

“Ergonomic improvement is a process for reducing risk and preventing MSD injuries that cause pain and discomfort by effectively managing the \_\_\_\_\_ of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ **and** \_\_\_\_\_”

### Process

- A \_\_\_\_\_ is a series of steps developed and designed to achieve a \_\_\_\_\_.
- It is \_\_\_\_\_ ending.
- It is \_\_\_\_\_.
- It has \_\_\_\_\_ and \_\_\_\_\_.
- Every time the process receives a good input a \_\_\_\_\_ should follow.

### Hazard

A hazard may be defined as – \_\_\_\_\_. There are two major types of hazard. The first type is an **unsafe** \_\_\_\_\_. The second type is an **unsafe** \_\_\_\_\_.

### How Do MSDs Occur

An \_\_\_\_\_ is an injury or pain and discomfort that happens \_\_\_\_\_ because of unsafe conditions and unsafe behaviors.

### Learning to Recognize Danger

Therefore, based on \_\_\_\_\_, we develop skills to keep safe.

**In Addition**

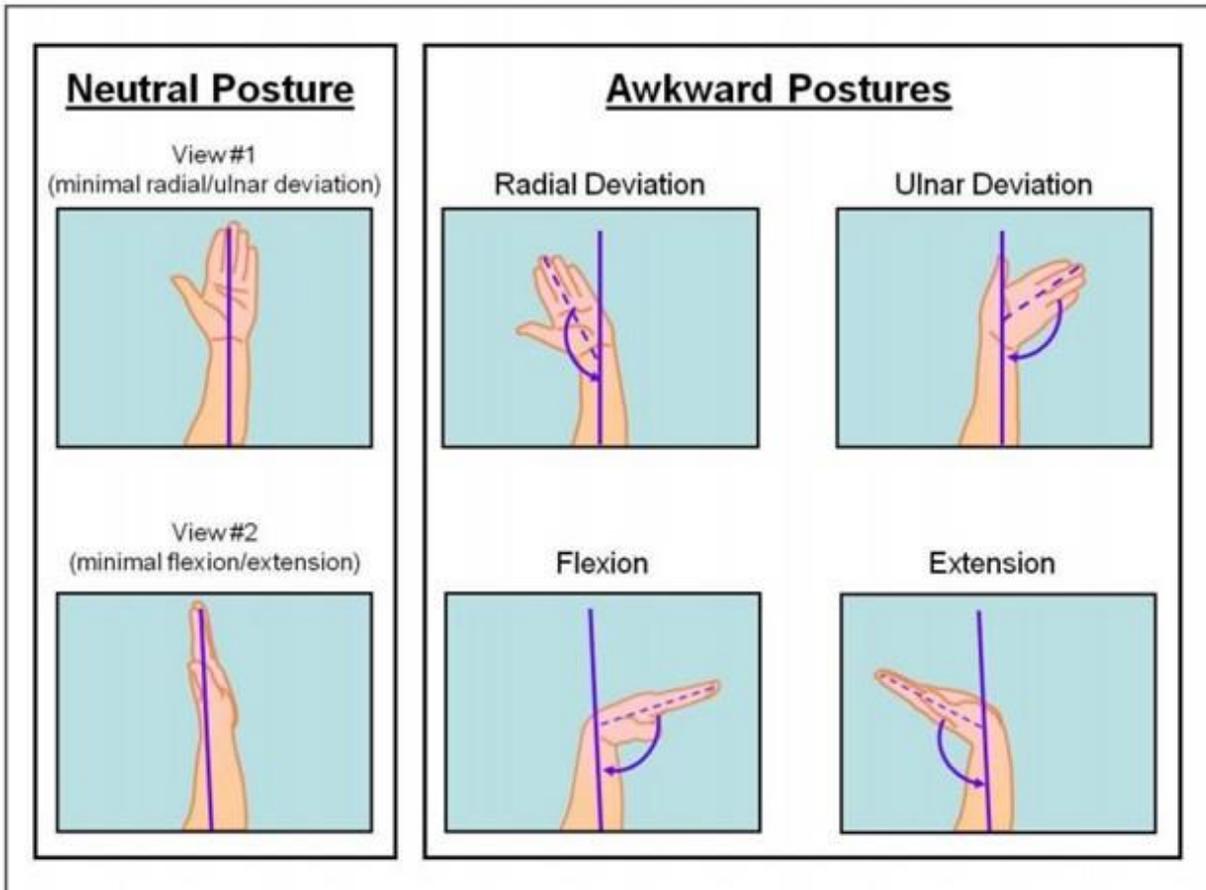
We also develop skills to keep safe by \_\_\_\_\_ to and \_\_\_\_\_ our elders handle potential dangers.

**What is the Best Way to Prevent MSDs?**

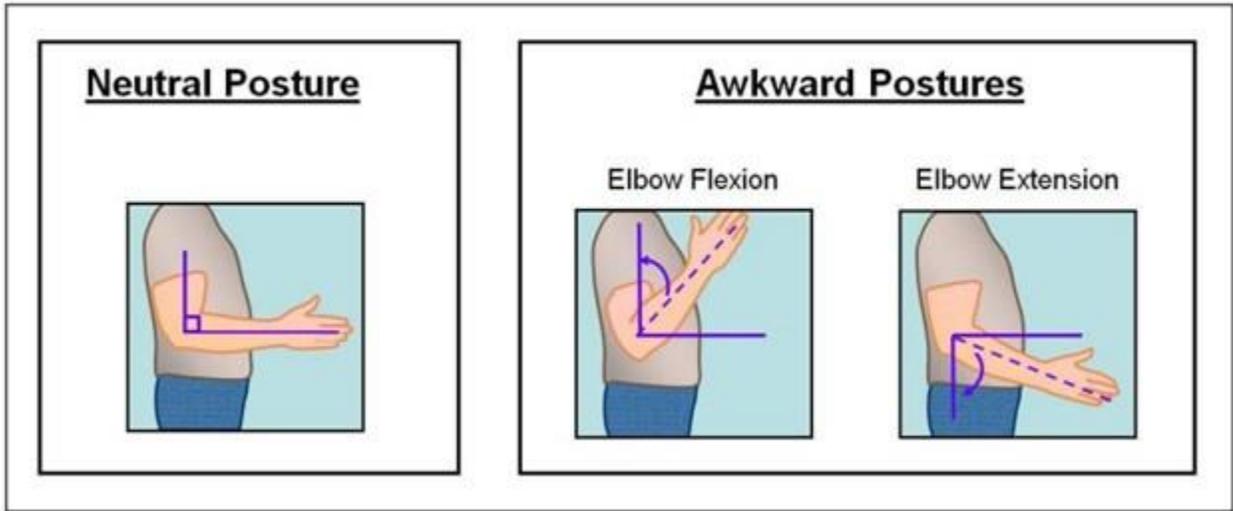
Recognize and manage the \_\_\_\_\_ that cause them

Manage the \_\_\_\_\_ that cause them

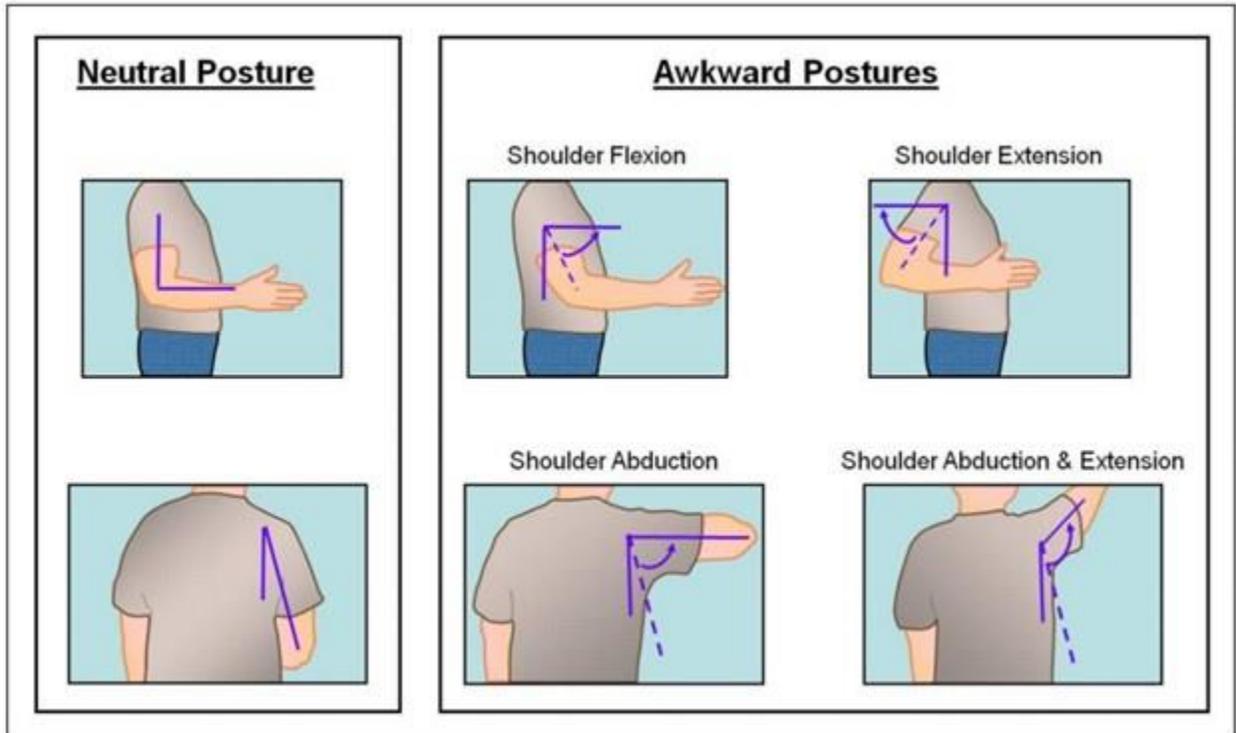
           Postures and Movement



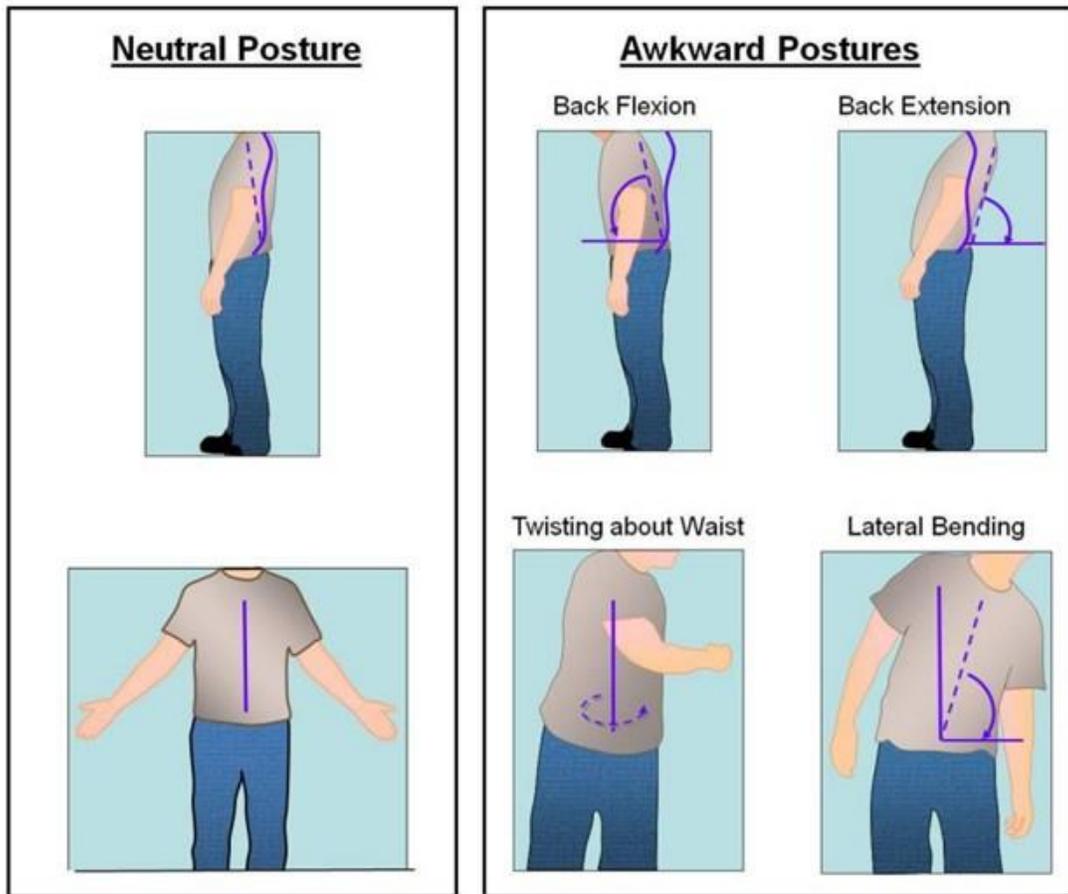
Postures and Movement



Postures and Movement



## Postures and Movement



### Neutral vs. Awkward Postures

\_\_\_\_\_ postures produce the \_\_\_\_\_ stress on the body while \_\_\_\_\_ postures produce the \_\_\_\_\_ stress.

### The Four Factors That Influence Ergonomic Injury

\_\_\_\_\_ is a factor which can produce physical stress. The remaining three factors are – \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

### This Is What Works

- All of your projects must address three words. They must be practical, feasible and realistic. This is the key to success.
- \_\_\_\_\_ = it can be done
- \_\_\_\_\_ = it makes sense to do it
- \_\_\_\_\_ = it is within the capability of the organization to get it

## **Sage Advice**

“ \_\_\_\_\_ is better than delayed perfection “

“ \_\_\_\_\_ is the \_\_\_\_\_ of good “

## **Five Steps to Improvement**

1. \_\_\_\_\_ an awkward posture
2. \_\_\_\_\_ what can you do to -
  - Improve the posture
  - Reduce the force
  - Reduce the duration
  - Reduce the frequency
3. \_\_\_\_\_ your improvement
4. Recognize, communicate and share your success
5. Repeat steps 1-4