V.P.P.
Voluntary Protection Program

Volume 2, Issue 9

September 2010

Get in S.T.E.P.

Safety Takes Every Person

SAFE -- Staying Accident-Free Everywhere

WHAT IS ERGONOMICS?

Ergonomics is derived from the Greek words *ergon* (work) and *nomos* (law). Webster defines it as the science that seeks to adapt work or working conditions to suit the worker. It is the study of the problem of people adjusting to their environment.

Ergonomics involves the application of knowledge about human capacities and limitations to the design of workplaces, jobs, tasks, tools, equipment, and the environment.

IN OTHER WORDS……

Fitting the Workplace to the Worker

NOT fitting the Worker to the Workplace

What is the problem?

For many jobs, it is difficult if not impossible to always adhere to good ergonomic principles. For example, electricians, drywall installers, and carpenters often have to put themselves into positions in which they are working with their arms over-head for a long time or have to fit into small spaces to do their jobs. Although these positions are not good in terms of ergonomics they are unfortunately part of performing the job. To address these occupations, ergonomists try to provide these individuals with recommendations on ways to perform many of their tasks. Sometimes these methods are applicable other times they are not. The goal is to provide workers with this information and allow them to employ these methods when applicable.

DPW Training Coordinators……

REMEMBER……

Monthly Safety Inspections are DUE NLT the 5th of EACH MONTH

Monthly Safety Training Minutes and Rosters are DUE NLT the 15th of EACH MONTH.

Voluntary Protection Programs (VPP)

4 Major Elements

1. Management Commitment and Employee Involvement
2. Worksite Analysis
3. Hazard Prevention and Control
4. Safety and Health Training

SAFETY MESSAGE

- Remember the little things in life!
- Treat people how you would like to be treated!
- Live life to the fullest!
- Laugh like there's no tomorrow!
- Love everyone!
- Be SAFE so you can fulfill your dreams!

I would like to thank a member of PW for this safety message.

Would like your SAFETY MESSSAGE displayed? Send it in today!

Have any questions, comments, or suggestion, call me **TODAY**.

No comment or suggestion to small.

(575) 678-2756

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SAFE -- Staying

Back injuries are the most common injuries and account for nearly 20% of workplace injuries. There are several signs of potentially harmful lifting activity to prevent non-ergonomic conditions.

- Load is greater than 50 lbs.
- Duration of lifting, especially more than 2 hours of lifting per day
- Frequency of lifts, especially more than one lift per minute
- Horizontal Location (H) is greater than 25"
- Initial or Final Elevation of Lift (V) is not equal to 30"
- Vertical Distance traveled is greater than 70"
- Asymmetric Angle (A) is greater than 135 degrees.
- Coupling of hands to object being lifted

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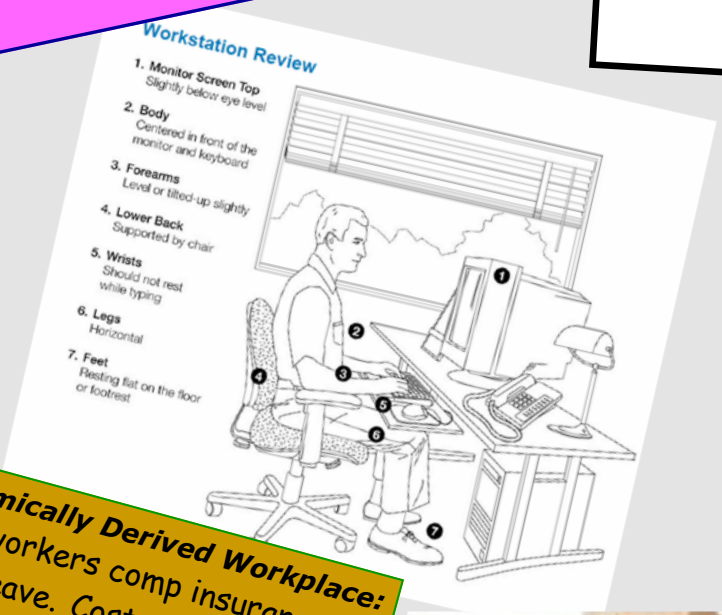

Benefits From An Ergonomically Derived Workplace:

- Reduced direct costs-workers comp insurance, medical costs, sick leave. Costs reduced.
- Indirect costs, loss of experience employees, training new employees, down time, loss of production.
- Reduced worker fatigue.
- Reduced stress-both physical and mental.
- Improved employee morale-includes pride and satisfaction.
- Improved production efficiency.
- Enhanced safety.

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Guidelines For Developing An Ergonomically Derived Workplace:

- Keep elbows down-upper arm angle to body should be no greater than 30 degrees.
- Keep hands down-below shoulder level.
- Avoid long reaches-not over 16 inches.
- Provide elbow supports for long reaches.
- Avoid losing the first three inches of any work surface.
- Avoid tilting the head forward greater than 30 degrees.
- Avoid tilting the upper body forward-use tilt tables or turntables.
- Avoid sharp edges on work surfaces-use padding as necessary.
- Visual scanning should require eye movement only-head movements contribute to fatigue.
- Allow for the person to change posture repeatedly while working.
- Avoid muscle overloading-when lifting heavy loads they should be positioned at the level of the hand knuckles when standing-use scissor lifts.
- Avoid foot controls for any workers. If the foot controls are absolutely necessary design for operation with either foot, and provide a footrest.
- Avoid hard floors-use mats or pads.
- Avoid twisting of the torso-especially if coupled with any-use turntables.
- Reduce all workplace noises- use insulation, sound absorption panels or earmuffs.
- Avoid continuous vibrations, especially those which are contracted by the hands. This leads to carpel tunnel syndrome.
- Limit repetitive lifting from the floor-use scissor lifts and/or tilt tables.

HOUSEKEEPING

What is the purpose of workplace housekeeping?

Poor housekeeping can be a cause of accidents, such as:

- tripping over loose objects on floors, stairs and platforms
- being hit by falling objects
- slipping on greasy, wet or dirty surfaces
- striking against projecting, poorly stacked items or misplaced material

cutting, puncturing, or tearing the skin of hands or other parts of the body on projecting nails, wire or steel strapping

To avoid these hazards, a workplace must "maintain" order throughout a workday. Although this effort requires a great deal of management and planning, the benefits are many.

What are some benefits of good housekeeping practices?

Effective housekeeping results in:

- reduced handling to ease the flow of materials
- fewer tripping and slipping accidents in clutter-free and spill-free work areas
- decreased fire hazards
- lower worker exposures to hazardous substances (e.g. dusts, vapours)
- better control of tools and materials, including inventory and supplies
- more efficient equipment cleanup and maintenance
- better hygienic conditions leading to improved health
- more effective use of space
- reduced property damage by improving preventive maintenance
- less janitorial work
- improved morale
- improved productivity (tools and materials will be easy to find)

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