

Identifying Ergonomic Risk Factors: Demonstrations

We are going to do some tasks. Someone will do the task and others will be asked to point out the actions that may cause discomfort or pain.

Skit 1 - Awkward Postures

Task - Sort and staple papers

Supplies: - 30 sheets of 8 x 11 various coloured paper
- staples
- stapler removers (two kinds)

Steps to demonstrate

1. Sort the various colour papers in one package
 2. Staple the package
 3. Repeat task at least two times
 4. Staple one package incorrectly. Chose one of the staple removers and remove the staple.
 5. Ask "What actions might cause discomfort or pain?"
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Skit 2 - Awkward Lifting

Task - Lifting Box

Supplies: - Box with heavy items inside (eg. large phone book)

Steps to demonstrate

1. Move box from floor under table to a location above shoulder height
 2. Put box back
 3. Repeat task several times
 4. Ask "What actions might cause discomfort or pain?"
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Skit 3 - Repetitive Work

Task - Nuts and Bolts Assembly

Supplies: - Work gloves of various types and sizes, e.g., (garden, rubber)
- nuts and bolts
- small bin

1. Put on a pair of work gloves
2. Locate the bins in awkward locations
3. Assemble nuts and bolts and put in a bin
4. Repeat task several times
5. Ask "What actions might cause discomfort or pain?"

Skit 4 - Work Pace

Task - Line Speed Game

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| Supplies: - squeezable balls (3") - pencils - writing paper - 1 pencil sharpener |
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You will write your name - legible
- 75 times in 5 minutes

With your non writing hand you will squeeze a ball
If your pencil gets dull you must sharpen it but not fall behind.
You must pay attention to your supervisor for any additional instructions

Reason for the game (meat packing)

- the balls represent the grasping motion required for every piece of meat.
- the gloves are the same type of gloves you must wear on the cut floor on both hands
- the pencils represent the different types of knives used in the meat packing plant
- the sharpeners represent knife sharpeners
- the change of instruction represent change of order during your shift

What actions might cause discomfort or pain?