

# COMMON ERGONOMIC PROBLEMS AND THE WORKERS MOST AT RISK

## MOST COMMON SYMPTOMS OF ERGONOMIC ISSUES



### TOP 5 INDUSTRIES WITH MOST CASES OF MUSCULOSKELETAL DISORDERS ANNUALLY



Healthcare workers rank #1 for most cases of MSDs annually<sup>5</sup>



34% of all lost workdays are due to work-related musculoskeletal disorders<sup>6</sup>



60% of US computer workers complain of wrist pain<sup>4</sup>



## MOTIONS THAT LEAD TO ERGONOMIC INJURIES

### 01 PROLONGED REPETITIVE TASKS



### 02 SUSTAINED AWKWARD OR STATIC POSTURE



### 03 VIBRATION



### 04 EXERTING TOO MUCH FORCE



## HIGH RISK OCCUPATIONS TO WATCH OUT FOR

### 01 CONSTRUCTION WORKERS

Often subjected to awkward positions, lifting heavy loads, repetitive arm/hand movements, and controlling vibrating hand tools.

41.7% of construction workers have back injuries, 12.4% have knee injuries, and 45.6% have arthritis.<sup>2</sup>



### 02 OFFICE WORKERS

Spend the majority of their time sitting or operating a computer, leading to repetitive strain injuries such as CTS, neck and back pain, radial tunnel syndrome (RTS), tendonitis, and digital eye strain.

60% of US computer workers complain of wrist pain<sup>4</sup>



### 03 HEALTHCARE PROFESSIONALS

Constantly exposed to overexertion and awkward postures such as patient handling, moving machines, working in cramped areas, and standing for prolonged periods of time.

Healthcare as an industry ranks #1 for instances of musculoskeletal disorder among workers.<sup>5</sup>



### 04 CASHIERS AND RETAIL WORKERS

Cashiers often develop CTS due to repetitive scanning of products. Baggers and shelf stockers are more prone to low back pain, tendonitis, and herniated discs.

Retail Trade ranks #2 for most instances of musculoskeletal disorders<sup>5</sup> 31% of full-time cashiers exhibit symptoms of CTS.<sup>7</sup>



### 05 MANUFACTURING WORKERS

Workers in the manufacturing industry are subject to sustained fine motor and repetitive work. In addition, many have to operate machinery and handle heavy loads.

Manufacturing ranks #3 for most instances of musculoskeletal disorders.<sup>5</sup>



### 06 MAIDS AND CLEANERS

Maids and house cleaners frequently perform repetitive swiping motions and assume awkward positions to clean hard to reach areas at work.

90% of cleaners report occupational musculoskeletal discomfort in at least one part of the body.<sup>8</sup>



### 07 TRUCK, BUS, AND TAXI DRIVERS

Workers in the transportation industry such as drivers sit for long periods of time and are exposed to constant whole-body vibration. As such, back injuries, hip pain, arthritis, and vibration disease are common.

The prevalence of low back pain over 12 months for truck drivers is 60%.<sup>9</sup>



#### REFERENCES:

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# Ergonomic Problems In The Workplace

**RD Boyd**



## **Ergonomic Problems In The Workplace:**

**Ergonomic Problems in the Workplace** James E. Roughton, 1996 Ergonomic problems in the workplace explains the technical and medical aspects of ergonomics in non technical terms allowing you to easily understand the types and causes of ergonomic disorders and apply proven solutions to problems you are encountering in your workplace *A review of OSHA's plan to reduce ergonomic injuries* United States. Congress. House. Committee on Education and the Workforce.

Subcommittee on Workforce Protections, 2002 *Global Ergonomics* P.A. Scott, J. Charteris, R.S. Bridger, 1998-09-01 Jointly hosted by the Ergonomics Society of South Africa ESSA and the International Ergonomics Association IEA this conference was attended by over 300 delegates and represented the largest and most prestigious gathering of eminent international ergonomists in the history of Africa It also marked the beginning of a revival in concern for the well being and productivity of people at work in South Africa The conference aimed to juxtapose two great ergonomic themes the under developed ethos of the affluent societies and the technologically advanced ethos of the most affluent societies The structure of the proceedings reflects this with the first section addressing the priorities of countries in transition and the last section addressing the priorities of the most industrially developed countries who have by and large long since solved the sorts of ergonomics problems currently of concern in the under developed world In between these in a roughly hierarchical arrangement from micro to macro levels of analysis are sections which collectively help span the whole field of ergonomics Section overviews are provided to outline the topics included in each section *Ergonomics Process Management* James P. Kohn, 1998-07-07 This exceptional guidebook provides the strategies necessary to curtail ergonomic losses and costs associated with spiraling worker's compensation premiums and medical expenses of major concern in all businesses Ergonomic Process Management is meant to be an application and implementation operator's manual This one of a kind resource provides **Kodak's**

**Ergonomic Design for People at Work** The Eastman Kodak Company, 2003-10-10 Written for those who are on the job but not necessarily professionally trained ergonomists the principles and approaches detailed in this highly regarded guide have all been implemented in real world workplace environments and proven successful in reducing the potential for occupational injury increasing the number of people who can perform a job and improving employee performance on the job More than 150 clear and informative illustrations and tables help convey data and information in eight sections Ergonomics design philosophy Human reliability and information transfer Evaluation of job demands Work design Workplace design Manual handling in occupational tasks Equipment design Environment *Ergonomics and Human Factors* Purnima Embranthiri, 2024-12-15 Ergonomics and Human Factors Enhancing Workplaces delves into the scientific discipline of ergonomics focusing on the interactions between humans and other system elements Our book provides a detailed examination of work organization goals related to ergonomics and the various factors affecting it across multiple fields Designed as an easy to use reference it is ideal for students and researchers interested in ergonomics and its measurement

methods We emphasize the importance of ergonomics in the workplace and business management explaining how it can improve efficiency and well being This book offers valuable insights and practical knowledge for enhancing workplace environments Health of USPS Employees in the Workplace United States. Congress. House. Committee on Post Office and Civil Service. Subcommittee on Postal Personnel and Modernization,1991

### **Elements of Ergonomics Programs**

Alexander L. Cohen,1997 College Koreanoffers a comprehensive introduction to the Korean language designed for American students Rogers You and Richards have used their many years of teaching to devise and test an approach that balances reading and writing with the spoken language The result is a well rounded textbook suited to a yearlong course in which students learn to conduct conversations about their own lives and interests read texts written inhangul and write simple compositions The book systematically introduces basic Korean grammar a contextualized vocabulary and styles of speech that are sociolinguistically appropriate for college students Each of its 26 lessons contains a dialogue or a reading practice patterns relevant grammar notes and exercises Approximately 150 Sino Korean characters are also introduced and complete glossaries and grammar indexes are provided

**OSHA's Proposed Ergonomics Standard** United States. Congress. House. Committee on Small Business. Subcommittee on Regulatory Reform and Paperwork Reduction,2000 **The Ergonomic Casebook** James P. Kohn,2020-08-26 One of the greatest challenges in the occupational health and safety profession is the application of theory to actual workplace practice The difference between how the workplace should be ideally designed and the limitations that occur in pre existing facilities are often difficult to overcome With examples from the service industry heavy industry agriculture and the office this text bridges these gaps between theory and practice by using case studies to illustrate sound ergonomic practices The Ergonomic Casebook is a resource that professionals and students can use as a guide for solutions to real world ergonomic problems Working examples from ergonomic programs in a variety of industries are included Case studies describe methods for identifying ergonomic problems and specific causes are reported Recommended strategies for the elimination of identified stressors are indicated Implemented strategies and evaluated results are discussed and explained Applications of this book are endless Whether you are a health and safety professional with limited expertise in ergonomics or a student taking a health and safety course you will gain extensive insight into ergonomic problem solving as a result of the case studies presented in The Ergonomic Casebook

**The Occupational Ergonomics Handbook** Waldemar Karwowski,William S. Marras,1998-12-18 Occupational ergonomics and safety studies the application of human behavior abilities limitations and other characteristics to the design testing and evaluation of tools machines systems tasks jobs and environments for productive safe comfortable and effective use Occupational Ergonomics Handbook provides current comprehensive knowledge in this broad field providing essential state of the art information from nearly 150 international leaders of this discipline The text assesses the knowledge and expertise applied to industrial environments Providing engineering guidelines for redesigning tools machines and work layouts

Evaluating the demands placed on workers by current jobs Simulating alternative work methods Determining the potential for reducing physical job demands based on the implementation of new methods Topics also include Fundamental ergonomic design principles at work Work related musculoskeletal injuries such as cumulative trauma to the upper extremity CTDs and low back disorders LBDs which affect several million workers each year with total costs exceeding 100 billion annually Current knowledge used for minimizing human suffering potential for occupational disability and related worker s compensation costs Working conditions under which musculoskeletal injuries might occur Engineering design measures for eliminating or reducing known job risk factors Optimal manufacturing processes regarding human perceptual and cognitive abilities as well as task reliability Identifying the worker population affected by adverse conditions Early medical and work intervention efforts Economics of an ergonomics maintenance program Ergonomics as an essential cost to doing business Ergonomics intervention includes design for manufacturability total quality management and work organization Occupational Ergonomics Handbook demonstrates how ergonomics serves as a vital component for the activities of the company and enables an advantageous cooperation between management and labor This new handbook serves a broad segment of industrial practitioners including industrial and manufacturing engineers managers plant supervisors and ergonomics professionals researchers and students from academia business and government human factors and safety specialists physical therapists cognitive and work psychologists sociologists and human computer communications specialists

**Occupational Ergonomics** Amit Bhattacharya, James D. McGlothlin, 2012-03-08 In the fifteen years since the publication of Occupational Ergonomics Theory and Applications significant advances have been made in this field These advances include understanding the impact of ageing and obesity on workplace the role of ergonomics in promoting healthy workplaces and healthy life styles the role of ergonomic science in the design of consumer products and much more The caliber of information and the simple practical ergonomics solutions in the second edition of this groundbreaking resource though haven t changed See What s New in the Second Edition Enhanced coverage of ergonomics in the international arena Emerging topics such as Healthcare Ergonomics and economics of ergonomics Coverage of disability management and psychosocial rehabilitation aspects of workplace and its ergonomics implication Current ergonomics solutions from research to practice Synergy of healthy workplaces with healthy lifestyles Impact of physical agents on worker health safety and its control Additional problems with solutions in the appendix The book covers the fundamentals of ergonomics and the practical application of those fundamentals in solving ergonomic problems The scope is such that it can be used as a reference for graduate students in the health sciences engineering technology and business as well as professional practitioners of these disciplines Also it can be used as a senior level undergraduate textbook with solved problems case studies and exercises included in several chapters The book blends medical and engineering applications to solve musculoskeletal safety and health problems in a variety of traditional and emerging industries ranging from the office to the operating room to

operations engineering      Ergonomic Workplace Design for Health, Wellness, and Productivity Alan Hedge, 2016-08-05 Even with today's mobile technology most work is still undertaken in a physical workplace Today's workplaces need to be healthy environments that minimize the risks of illnesses or injuries to occupants to compete in the marketplace This necessitates the application of good ergonomics design principles to the creation of effective workplaces and this is the focus of this book This book will Focus on ergonomic design for better health and ergonomic design for better productivity Presents environments that support new ways of working and alternative workplace strategies as well as the impacts of new technologies Covers the role of ergonomics design in creating sustainable workplaces Includes ergonomics design for a wide variety of workplaces from offices to hospitals to hotels to vehicles etc Shows the design principles on how to design and create a healthy and productive workplace The market lacks an ergonomics design book that covers the topics that this book will cover This book summarizes design principles for practitioners and applies them to the variety of workplace settings described in the book No other book currently on the market does that      **International Encyclopedia of Ergonomics and Human Factors** Waldemar Karwowski, 2001      **Applied Ergonomics** D. Alexander, R. Rabbourn, 2001-06-07 Applied Ergonomics is a concise text focusing on the practical applications of ergonomics and is derived from the annual ground breaking successful conference of the same name This is not a conference proceedings but a text of applications filling a niche in the ergonomics professional market for a book that is strong on the applications side o      *Handbook of Human Factors and Ergonomics in Contemporary Business* Shad Ahmad Khan, Sumit Narula, Arshi Naim, Monika Srivastava, 2025-07-30 Handbook of Human Factors and Ergonomics in Contemporary Business highlights the symbiotic relationship between human centric approaches and organizational success in 21st century business and corporate culture It delivers a comprehensive exploration of how integrating human factors and ergonomics strategically can fuel innovation enhance performance and deliver a competitive advantage By promoting employee wellbeing to implementing ergonomic interventions for heightened productivity the chapters offer invaluable insights into the role of human factors across differing business sectors Edited and authored by distinguished experts in the field this handbook presents theoretical frameworks empirical evidence and real world case studies Across these chapters split into various sections on perspectives digitalization and wellbeing it provides interdisciplinary perspectives and practical applications to equip readers with the tools needed to encourage thriving workplace environments nurture employee welfare and foster innovation and creativity International case studies from diverse businesses and topics on Industry 5.0 logistics strategy UX productivity green issues and much more result in a thorough overview of the topic It will help any reader optimize organizational performance and understand the key connections between human factors and business success This title is an essential read for researchers and professionals in ergonomics and human factors business and management leadership engineering design and human resources

**Occupational Ergonomics** Theresa Stack, Lee T. Ostrom, Cheryl A. Wilhelmsen, 2016-05-03 The approach to the book is

analogous to a toolkit The user will open the book and locate the tool that best fits the ergonomic assessment task he she is performing The chapters of the book progress from the concept of ergonomics through the various assessment techniques and into the more complex techniques In addition to discussing the techniques this book presents them in a form that the readers can readily adapt to their particular situation Each chapter where applicable presents the technique discussed in that chapter and demonstrates how it is used The supporting material at the end of each chapter contains exercises case studies and review questions The case study section of the book presents how to use techniques to analyze a range of workplace scenarios Topics include The Basics of Ergonomics Anthropometry Office Ergonomics Administrative Controls Biomechanics Hand Tools Vibration Workstation Design Manual Material Handling Job Requirements and Physical Demands Survey Ergonomic Survey Tools Work related Musculoskeletal Disorders How to Conduct an Ergonomics Assessment and Case Studies

Surviving an OSHA Audit Frank R. Spellman, 2020-12-17 Hailed on its first publication as a masterly account detailing a roadmap for compliance with workplace standards regulations and rules Surviving an OSHA Audit A Management Guide Second Edition is specifically designed for managers and other professionals who seek to provide a safe work environment It also serves as a helpful reference for those who want to keep OSHA from repeatedly knocking on the door and issuing citations that can be both embarrassing and expensive Completely revised and updated with eight important chapters added emphasis is placed on compliance through vigilance and proper work practices With compliance in mind it is important to recognize that OSHA regulations standards or rulings are not static they continue to be revised over time This new edition highlights those areas of regulation that have changed as well as those that are still current and relevant Features Fully updated to reflect the most up to date changes in regulation Presents numerous practical examples throughout Examines the importance of and best practices for recordkeeping protocols This book is an excellent resource and guide relevant to a broad audience including academia legal professionals workplace managers safety professionals students and administrators at all levels

**Interventions, Controls, and Applications in Occupational Ergonomics** William S. Marras, Waldemar Karwowski, 2006-02-02 Completely revised and updated taking the scientific rigor to a whole new level the second edition of the Occupational Ergonomics Handbook is now available in two volumes This new organization demonstrates the enormous amount of advances that have occurred in the field since the publication of the first edition The editors have brought together

**International Encyclopedia of Ergonomics and Human Factors, Second Edition - 3 Volume Set** Waldemar Karwowski, 2006-03-15 The previous edition of the International Encyclopedia of Ergonomics and Human Factors made history as the first unified source of reliable information drawn from many realms of science and technology and created specifically with ergonomics professionals in mind It was also a winner of the Best Reference Award 2002 from the Engineering Libraries Division American Society of Engineering Education USA and the Outstanding Academic Title 2002 from Choice Magazine Not content to rest on his laurels human factors and ergonomics

expert Professor Waldemar Karwowski has overhauled his standard setting resource incorporating coverage of tried and true methods fundamental principles and major paradigm shifts in philosophy thought and design Demonstrating the truly interdisciplinary nature of this field these changes make the second edition even more comprehensive more informative more in a word encyclopedic Keeping the format popularized by the first edition the new edition has been completely revised and updated Divided into 13 sections and organized alphabetically within each section the entries provide a clear and simple outline of the topics as well as precise and practical information The book reviews applications tools and innovative concepts related to ergonomic research Technical terms are defined where possible within entries as well as in a glossary Students and professionals will find this format invaluable whether they have ergonomics engineering computing or psychology backgrounds Experts and researchers will also find it an excellent source of information on areas beyond the range of their direct interests



## **Ergonomic Problems In The Workplace** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Ergonomic Problems In The Workplace**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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