

Everyday Ergonomics- The Industrial Athlete

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Upcoming Webinar: Preventing Heat Illness
Tuesday, June 20th, 11 am – 12 pm MDT/10 am – 11 am PDT

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Objective

- By the end of this session, you will be empowered with the knowledge to make the best possible choices about how to use your body in any work or personal environment to prevent Musculoskeletal Disorder (MSD) injuries.

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General Principles of Ergonomics

- Address the relationship of work to the human body.
- Apply theory, principles, data, and methods to design.
- Optimize the wellbeing of the industrial athlete and overall system performance.

The bottom line is for you to work smarter not harder!

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What is an Industrial Athlete?




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Comparison



Sports Athlete

Teams practice 2-4 hours a day
 Most sports teams have games 1-2 times a week
 Basketball has an 8 month season
 Athletes mentally and physically prepare for their sport



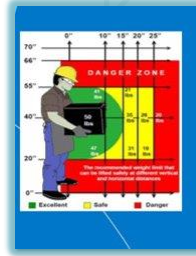
Industrial Athlete

You work 8-12 hours a day
 You work 5-6 days a week
 You likely work 11-12 months a year
 We want you to be the athlete that trains and practices self care to prevent injuries for work and home tasks

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Power Zone



When carrying or lifting objects, whether you are at work or home, you want to try to keep it in between your shoulders and your knees. This is called the power zone.

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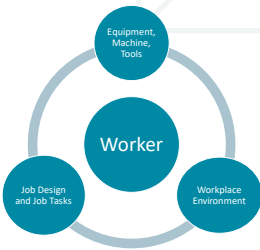
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Ergonomics: The Perfect Fit

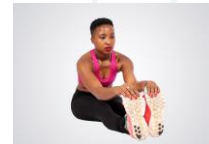


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Mindset of an Industrial Athlete

- Prepare Body and Mind
- Nutrition/Hydration
- Stretch, Plan, Work, Rest, Recharge/Re-focus



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Ergo Mindset

- Taking care of yourself and getting prepared starts the night before
- Plan ahead
- Communicate
- Hydrate
- Stretch throughout the day

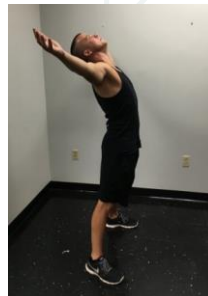


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Stretch



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POMS Ergo Mindset

- Before applying ergo mindset
- After applying ergo mindset



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POMS Ergo Mindset



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POMS Risk Factors at Work - Awkward Postures



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POMS The "Magic" S Curve



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POMS Body Postures at Work



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POMS Risk Factors Home - Awkward Postures



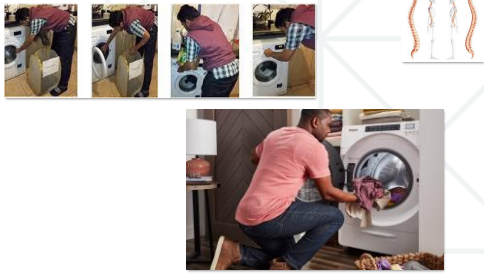
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Risk Factors Home - Awkward Postures



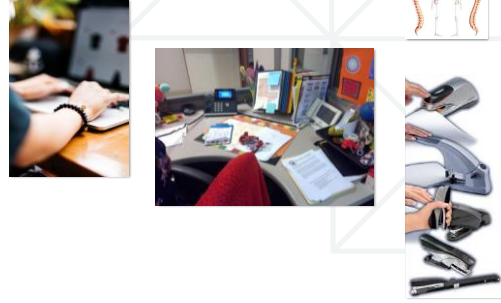
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Risk Factors at Work - Repetitive Motion



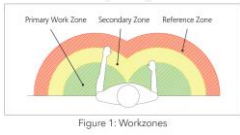
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Work Zones



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Risk Factors at Home - Repetitive Motion



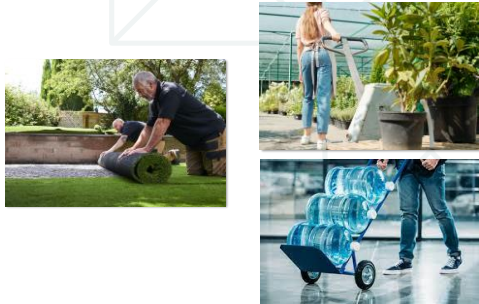
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Risk Factors Work - Force



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Risk Factors Home - Force



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Importance of Ergonomics

- Keeps you (the Industrial Athlete) ready for the game!
- Reduces injury
- Improves productivity
- Promotes a safety mindset
- Improves quality of work and life tasks

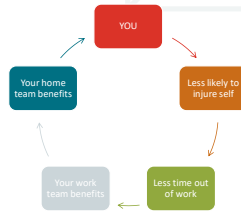


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Work and Home Teams



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The Basics of Workstation Setup



- Chair
- Desk
- Monitor
- Keyboard
- Mouse

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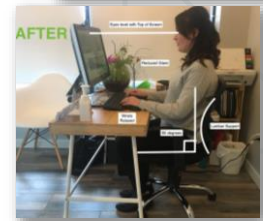
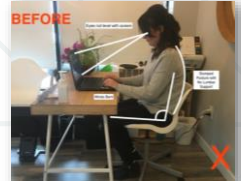
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Set Yourself Up For Success!

- Neutral postures
- Alignment
- Look at yourself
- Task analysis
- Ergo Breaks
- Use your ergo eyes to help others



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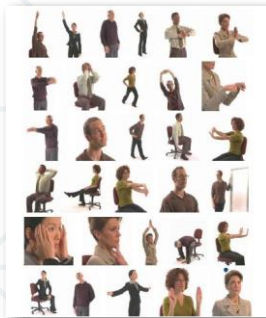
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Ergo Breaks

Short breaks help give your body a rest, reduce discomfort, and improve performance

- Micro break (1-30 seconds).
- Ergo Break every 30 mins. Walk/stand during calls. Don't eat at your desk.



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20/20/20 Rule

AVOID COMPUTER EYE FATIGUE

POMS

FOR EVERY **20** MINUTES ON THE COMPUTER **STOP** LOOK AT SOMETHING **20** FEET AWAY FOR **20** SECONDS

THIS GIVES YOUR EYES A BREAK, HELPS TO REDUCE EYE STRAIN, AND HELPS YOU STAY ALERT.

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Tech Neck

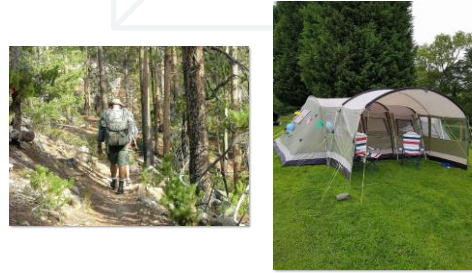
Smartphones are ruining our postures and stiffening our necks

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Successful Leisure Time



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Ergonomics on Vacation



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Ergo Mindset With Loading and Carrying



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Ergo Mindset While Gardening



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Be an "Ergo Champ"

- Use ergonomic principles to stay healthy
- Environmental awareness
- Personal awareness: body postures
- Use the right tool for the job
- Continue to train as an industrial athlete



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Questions/Discussion?



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