

# Ergonomic Hazards



**Ergonomic hazards are hazards that pose risks to musculoskeletal system.**

In the workplace, the main ergonomic hazards to look out for are

## **Repetition:**

Continuous, repetitive actions, such as typing or assembly line work, strain muscles, and tendons, leading to repetitive strain injuries



## **Forceful Movements:**

Over exertion and applying too much force, like lifting a box that's too heavy or pushing machinery, can cause muscle strains and sprains.

## **Vibration:**

Prolonged exposure to vibration, which is common in heavy machinery and tools, can lead to joint and tissue damage.



## **Temperature Extremes:**

Continuous, repetitive actions, such as typing or assembly line work, strain muscles, and tendons, leading to repetitive strain injuries

## **Static Postures:**

Holding one position for too long, whether sitting, standing, or otherwise, can cause fatigue, stiffness, and strain in muscles and joints.



## **Awkward Postures:**

Continuous, repetitive actions, such as typing or assembly line work, strain muscles, and tendons, leading to repetitive strain injuries

*"Safety is a core value and business priority"*



**West Fraser**