

# Ergonomic Hazards

Supervisor  
Crew  
Talk

***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



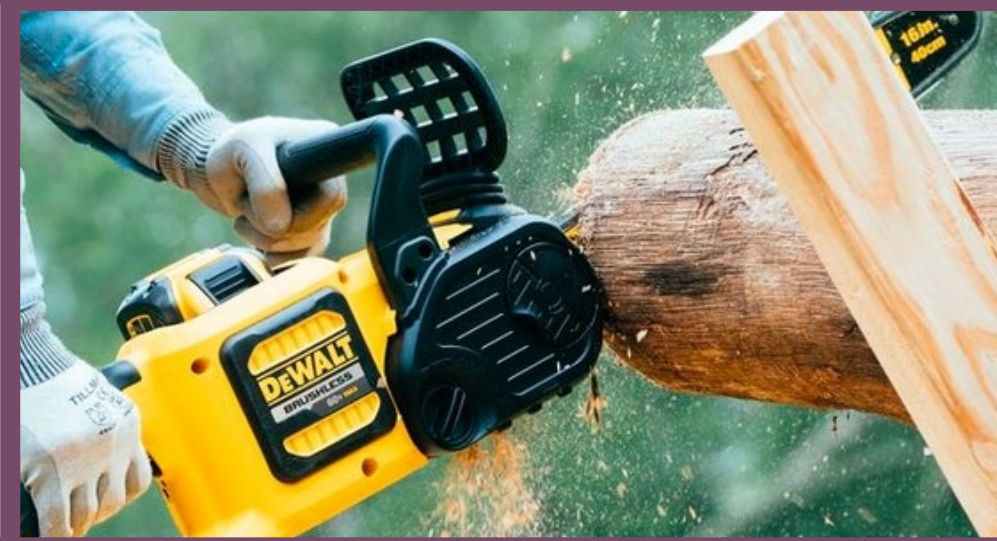
## ***Forceful Movements:***

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**