

# *Spot the Hazards*



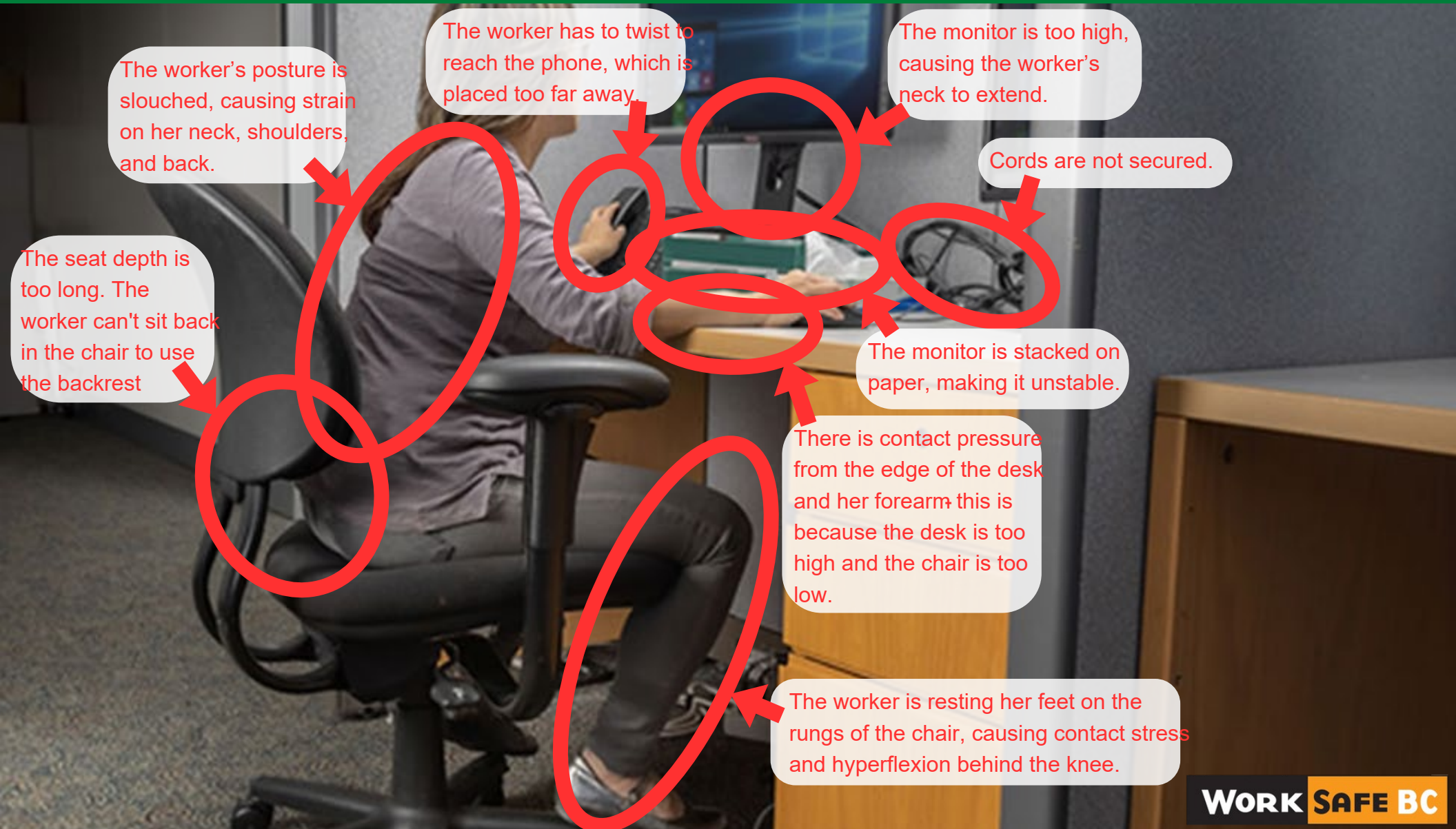
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# Spot the Hazards



The worker's posture is slouched, causing strain on her neck, shoulders, and back.

The worker has to twist to reach the phone, which is placed too far away.

The monitor is too high, causing the worker's neck to extend.

Cords are not secured.

The seat depth is too long. The worker can't sit back in the chair to use the backrest.

The monitor is stacked on paper, making it unstable.

There is contact pressure from the edge of the desk and her forearm; this is because the desk is too high and the chair is too low.

The worker is resting her feet on the rungs of the chair, causing contact stress and hyperflexion behind the knee.

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