

Repetition-Awkward Postures-Manual force are precursors to a soft tissue injury. An injury control issue is a timely reporting of discomfort or a burning sensation to the muscle and intervention. A facility wide SOP should include an early reporting procedure for injuries of this type. **Prompt an early administrative and equipment intervention is important for injuries of this type.**

**Question: Employees who work on vehicles, engines etc., are placed into very awkward postures- sometimes a very basic / common sense intervention will eliminate/greatly reduce the hazard.**



**How would you classify this equipment intervention attempt to better position a mechanic doing this type of engine work?**

1. Moderate impact
2. High impact
3. Low cost - No impact
4. Low-cost intervention – high impact
5. Forget it call Cari and Sally
6. Minimal impact – low cost

**Answer 4 – any intervention which reduces awkward postures is a plus. In this case a Mechanics access ladder, which is less than \$300 better positions the employee and reduces climbing on and off the engine – also reduces/eliminates usage of manual force, when doing extended reaching with hand tools.**

### **3 Key Points to Remember:**

- Reporting signs and symptoms early is important.
- Low-cost interventions work.
- You can help your company put ergonomics changes into place

**BWC Ergonomics can help you with this and many other ergo issues.**