

SEPTEMBER SAFETY SEGMENTS: STANDING ERGONOMICS



When you think about ergonomics, is your first thought about working at a desk or computer? For some jobs like working in a kitchen, laundry room or even at a workbench proper ergonomics is just as important. Jobs that require significant standing have to think about the work area design and PPE to prevent injury to those workers.

STANDING ERGONOMICS

DIRECTIONS

Before you begin this discussion, set the expectations for a safe space that is respectful of everyone's feedback. Stress the importance of working as a team and looking out for your team members' safety. Safety is something that works best if everyone is a partner. You will need to print out a copy of the [Standing Ergonomics Poster](#), and [Standing Ergonomics Checklist](#) and allow staff a couple minutes to read over. Facilitate a team activity and discussion using the following guiding prompts and questions.

SAFETY SEGMENT ACTIVITY

- Have team members observe each other and discuss how their work area compares to the poster.
- Have the observer complete the Standing Ergonomics Checklist.
- Set up team meetings to discuss the member's findings.

Findings Guiding questions:

- How did the observations go?
- How did the work areas compare to the poster and checklist?
- Additional observations or comments

Additional Activity

- Watch the following 2-minute video on [proper standing position](#).



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