

# ***Ergonomics & Manual Handling***

## ***Ergonomics principles applied to:***

### ➤ **Manual Handling**

#### **MINIMIZE SIGNIFICANT BODY MOTIONS**

1. Reduce Bending Motions
2. Reduce Twisting Motions
3. Reduce Reaching Out Motions

### ➤ **Work Movement procedures**

#### **REDUCE OBJECT WEIGHTS/FORCES**

1. Reduce Lifting and Lowering Forces

### ➤ **Work area layout**

2. Reduce Pushing and Pulling Forces'

### ➤ **Seated & Manual Handling workstation jobs**

3. Reduce carrying forces

### ➤ **Standing & Manual Handling workstation jobs**



# Manual Materials Handling Ergonomics Quiz

**N Noddings**



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