

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

Jiyuan Zhang



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