

HSSE SHARING

By Ikram Muslim

ERGONOMIC

Definition: Ergonomics is a way of thinking and planning work so that it is organised to suit the abilities and needs of the people doing it.

Can be categorised as per below:

- 1) Working positions – standing
- 2) Lifting
- 3) Hand tool selection



WORKING POSITION - STANDING

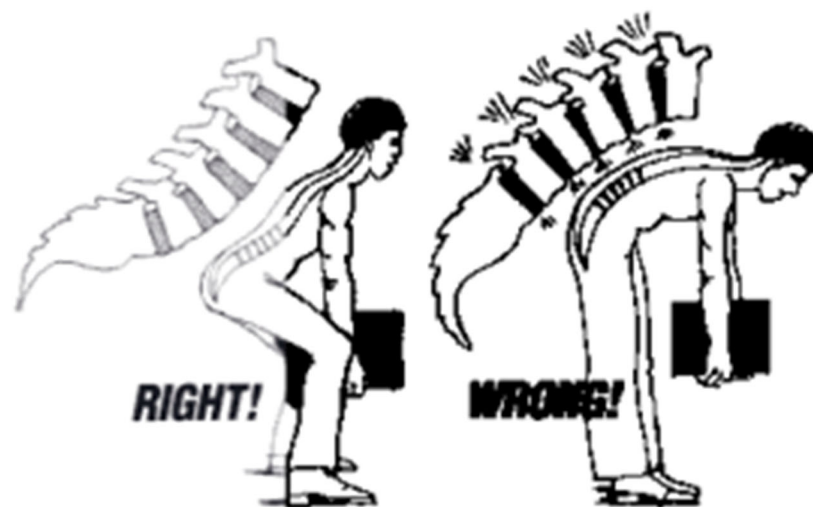
- **Avoid bending the back**
 - The back should remain straight while standing to prevent unnecessary strain on the muscles, particularly in the back, legs, and shoulders.
- **Muscle Engagement**
 - When leaning or bending, the muscles in the legs, back, and shoulders must engage to hold that position. This sustained muscle tension can lead to fatigue and discomfort over time.
- **Continuous Strain**
 - If the back remains bent for too long, the muscles are continually strained. This can cause stiffness and discomfort in the back muscles, as they are locked into a fixed position.
- **Posture Correction**
 - Once you straighten up, the muscles may feel sore or tight, as they've been overexerted and restricted. The body needs time to relax and recover after being held in a non-neutral posture for an extended period.



LIFTING

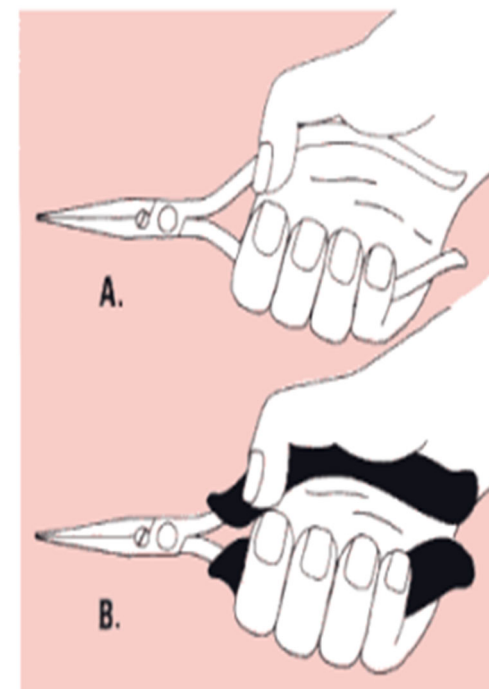
Proper lifting techniques to prevent injury and reduce strain on the back while lifting heavy objects

1. Use Your Legs, Not Your Back
2. Throw Your Shoulders Back and Arch Your Back
3. Bend at the Knees
4. Keep the Load Close to Your Chest
5. Lift by Straightening Your Legs
6. Feet Apart and Proper Balance
7. Neck and Back in a Straight Line
8. Use Both Hands When Possible



HAND TOOL SELECTION

- **Avoid Static Load at the Shoulder or Arm**
 - Reduce strain by choosing tools that don't require you to hold them in an elevated position for prolonged periods and Proper arm positioning and tools with adequate weight can help prevent static muscle load.
- **Avoid Pinch Points**
 - Pinch points can be dangerous and cause injury, particularly with tools like tin snips or scissors that require two hands. If a tool's design makes it easy to pinch your fingers, it increases the risk of injury
- **Make Handles Easy to Grip**
 - Handles should be easy to grip, ideally with a non-slip surface that allows for a secure hold even in wet or oily conditions
- **Consider Special-Purpose Tools for Repeated Actions**
 - it's worth considering **special-purpose tools** that are tailored to reduce strain over time



Thank you !

Questions and Answering Session

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