Ten Ergonomic Improvements a Contractor can make Right now for little or no Cost

1. Raise work off the floor
   a. Such as:
      i. Conduit benders
      ii. Chop saws
      iii. Materials
   b. Use:
      i. Pipe stands
      ii. Saw horses
      iii. 2 x 4s or unistrut for material racks
      iv. Material to build a temporary table

2. Lower overhead work
   a. Cheater bars
   b. Extension handles

3. Drill modifications for repetitive work
   a. Attach jigs to create improved couplings for repetitive work
   b. Bolt couplings on to drill for manual handling

4. Custom Grip-kits for tools to
   a. Reduce vibration
   b. Reduce force required to manage tools
   c. Contact stress in the palm
   d. Improve grip

5. Encourage comfortably loose clothing that doesn’t restrict body movement

6. Provide tailgate training on material handling techniques
   a. Proper shoveling
   b. Lifting long heavy loads
   c. Placement of materials to minimize below knuckle height lifting
   d. Lifting awkward or shifting bags of materials

7. Provide comfortable knee pads that crews will wear: ask them!

8. Require exceptional housekeeping!
   a. Clean while you work
   b. Clean after major breaks in the day
   c. Clean everything before you go home everyday

9. Ask crews what they think is possible to improve ergonomics on your projects.

10. Call your Loss Control Consultant!