

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!**