

ERGONOMICS: SAFETY

Preventive Measures and Controls

Collecting, Transporting and Processing Waste

- Keep loads as small as possible and close to your body.
- Avoid lifting above your shoulders.
- Use a cart or hand truck whenever possible.
- Full drums must be moved by a hand truck or mechanized equipment.
- Use carts and hand trucks specifically designed for handling drums and other materials.
- Use handles for drums that need to be lifted or carried by hand.

Providing Emergency Response

- Pay particular attention to bending, twisting and lifting motions.
- Select and wear appropriate personal protective equipment (PPE).
- Follow established clean up protocols.
- Remember that long duration work in PPE can be exhausting. Take breaks and stay hydrated during hot weather.
- If possible, use a lighter-weight SCBA or Supplied Air Respirator.

Vehicles

- Inspect the vehicle from the exterior for any obvious defects or dangerous conditions prior to use.
- Position seat, mirrors, radio, working papers, etc. at the start of your shift to your size and configuration.
- Avoid keeping bulky or sharp objects in pants pockets or utility belts when seated for long periods of time.
- Assess weight and position of heavy or awkward objects prior to moving them from the trunk, vehicle cargo area or bed. Beware of any load-shifting and respect the force of gravity on tilting objects or stacked materials.
- Pay particular attention to road and walk surfaces.
- Maintain high visibility of other motorists and use caution when stopping for loading or unloading.
- Always wear your seatbelt no matter how short the trip.
- Connecticut law prohibits the use of cell phones while driving.

Computer Work

- To work comfortably at a computer workstation you need to have your body in the proper orientation relative to the monitor, keyboard, source document, chair and floor.

Surveys and Inspections

- Reduce the size and weight of the bag that you are carrying to make handling easier.
- Use shoulder straps to carry the bag instead of gripping the bag's handle.
- To keep your balance while surveying the floor, bend at your knees and let your legs and hips do most of the work.
- To prevent injuries on a construction site, wear steel toe shoes, a hard hat and safety glasses.
- Ladders and elevated locations pose fall hazards. Inspect your equipment and/or location before starting work.