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VAMC Orlando's Ergonomic Program

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Abstract

Micro Ergonomics is the science of designing workstations, workplaces, machines, and work tasks with the capabilities and limitations of human beings in mind. Ergonomics is the enhancement of all aspects of job performance, accomplished through the design of work, so that only the desired reaction or behavior is produced. Designing the job, workspace, workstation, etc., to fit the person, not the person to fit the equipment, job, etc. Making the workstation, job task, etc., worker friendly.

Macro Ergonomics:

- People properly trained
- People physically fit to do their job
- Assigned to a job they can handle
- Injuries managed correctly
- Employees treated by management

Ergonomic Disorders (Overexertion Injury vs. Cumulative Trauma). Work Related Musculoskeletal Disorders are disorders of the musculoskeletal and nervous systems occurring in either the upper or lower extremities or the back in accordance with OSHA. Over Exertion Injury (Strain vs. Sprain)—Over exertion injuries occur from lifting, pulling or pushing heavy or unwieldy objects or persons. Cumulative Trauma Disorders are defined as any combination of stresses applied to the body over a period of time from which adequate recovery does not occur. Increasing Cumulative Trauma Disorders (CTDs): (1) Awareness, (2) Changes in production, (3) Older work force, and (4) Sociological changes. Ergonomics must be an ongoing ever improving process.

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Keywords: VAMC Orlando Ergonomic Program; Micro Ergonomics; Macro Ergonomics; Cumulative Trauma Disorders

1. VAMC Orlando's Ergonomic Program

Discussion: VAMC Orlando's Ergonomic Policy.

VAMC Orlando Ergonomic Policy 138-27; Expires: 5/30/2015

- **PURPOSE.** To provide guidance for the establishment and implementation of a Facility Ergonomics Program, this includes worksite analysis, hazard prevention, and control.
- **POLICY.** To identify, mitigate, and correct, where possible, the ergonomic job related hazards that cause or contribute to Muscular Skeletal Disorders (MSDs) associated with work performed in the occupational environment. When hazards cannot feasibly be eliminated, the most practical method of control will be implemented.
- **SCOPE.** MSD prevention is a collective responsibility between the occupational and safety services, supervision, and the individual employees performing work, to ensure that all repetitive work performed in support of the organization is completed in as safe a manner possible.

2. Definition of ergonomics

Ergo= Work and Nomo's= Laws Of

The two basic principles of Ergonomics:

- 1) Design or modify the job so you can work from an ergonomic neutral position.
- 2) Design or modify the job to control the physical and mental fatigue of the job.

Demonstration: Ergonomic neutral is the slightly arched position in the lower back, which is one of the keys to having a healthy back. It is important to maintain this neutral position when sitting or standing or when lifting objects. To find the neutral position of the back, stand up straight. You should feel a slight inward curve in the lower back. Now, pull your stomach in and tuck your buttock under. In this position you should feel the curve in your lower back disappear (flat back). Next, thrust your chest and stomach out to the front and stick your buttocks out to the rear. You will feel your lower back curve increase (sway back). It is undesirable to spend a lot of time in either of these postures. Now return to the neutral position, which is actually somewhere between a stooped, flat back posture and the excessive swayback posture

3. Micro ergonomics

Micro Ergonomics is the science of designing workstations, workplaces, machines, and work tasks with the capabilities and limitations of human beings in mind.

Ergonomics is the enhancement of all aspects of job performance, accomplished through the design of work, so that only the desired reaction or behavior is produced. Designing the job, workspace, workstation, etc., to fit the person, not the person to fit the equipment, job, etc.

Making the workstation, job task, etc., worker friendly.

4. Macro ergonomics

Macro Ergonomics is the analytical approach in ergonomics which takes into consideration a wide range of factors from the physical evidence to environmental considerations. Some of these considerations are in the questions that follow, in regards to health and safety.

- People properly trained
- People physically fit to do their job
- Assigned to a job they can handle
- Injuries managed correctly

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