

Ergonomics in construction

We experience ergonomics everyday on the jobsite. The problems and solutions below illustrate how to properly combat everyday ergonomic issues while on the worksite.



Awkward posture

Problem: Excessively bending forward two or more hours.

Solution: Use a sawhorse/workbench, readjust ladders, reposition body and take ergo breaks.



Overhead work

Problem: Working overhead with elbows above shoulders for longer than two hours.

Solution: Use lift, ladder or step-stool to reduce reaching.



Twisting and carrying

Problem: Twisting torso while carrying a heavy load.

Solution: Position object close to torso and always turn by pivoting feet while keeping back straight.



Contact stress

Problem: Resting a body part against a hard or sharp edge.

Solution: Use padding such as wrist pads, palm pads or knee pads. Use tools with cushioned grips.



Wrist deviations

Problem: Working with wrists bent or twisted for longer than two hours.

Solution: Move working object closer to body. Use tools with bent handles to maintain straight wrists. Take an ergo break and do wrist stretching exercises.



Vibration

Problem: Operating vibrating tools.

Solution: Wear vibration-reducing gloves. Replace old power tools with low vibration tools, limit duration of task and rotate tasks.