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# Ergonomics Design Guidelines Track

## A picture containing person, wall, person, indoor Description automatically generatedWelcome!

Welcome to the ***Ergonomics Design Guidelines Track***!

Hello everyone, I’m Mark Anderson. I am a Certified Professional Ergonomist and Physical Therapist with more than 30 years of experience working with ergonomics in a wide variety of settings.

## Questions, Questions, Questions!

One of the things I have discovered in working in ergonomics on an on-going, day-in, day-out basis is you need to be able to answer questions like:

* How high should that workbench be?
* We need a transport cart, what specifications does it need to meet?
* Where should we position the foot and hand controls for that machine?
* How should we position the touch screen monitors on the production line?
* How high should the conveyor belt be?
* How much force is needed to grip a tool and what is acceptable?
* How much weight can a worker reasonably lift?
* What clearance do we need for the operator’s feet and legs at the workbench?
* We are setting up a storage racking system, how should we adjust the shelf heights?
* Honestly, the list of questions goes on and on!

I suspect you are getting the point I am making. You become the go-to resource in ergonomics workstation, tool and equipment design.

## Ergonomics Defined

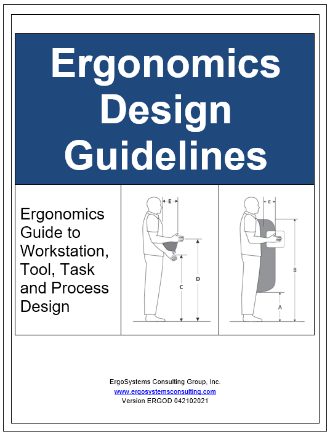
In the ***Introduction to Ergonomics Track*** we defined ergonomics in the systems design context as:

**Optimizing all aspects of job performance - *safety, quality and productivity* - accomplished through the appropriate *DESIGN AND USE* of work processes, workstations, tools and equipment and the overall organization of work.**

Design is a critical word in the definition. Over the past 30 years I have been compiling answers to at least some of the questions. Believe me I am still learning everyday as something new pops up!

Honestly, that is what keeps it interesting to me. Like you, I enjoy solving problems and seeing the positive results.

## Ergonomics Design Guidelines

At any rate, I have put together a series of ***Checklists, Guidelines*** and ***Specifications*** for workstations, tools and equipment in terms of ergonomics.

The ***Guidelines*** are available to you as a separate document you can print out and/or access as you need.

### Table of Contents

Looking at the ***Table of Contents*** for the ***Guidelines*** you will see a wide range of topics ranging from Carts to Chairs/Stools to Controls to Conveyors to Fixtures to Grip and Hand Strength to Microscopes to Manual Material Handling to a whole host of Seated and Standing Workstation Guidelines and Specifications.

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## Accessing the Ergonomics Design Guidelines

When thinking how best to introduce the ***Ergonomics Design Guidelines*** to you, I knew for sure I did NOT want to go through each and every Checklist and Specification with you!

I don’t think I would be awake at the end and I’m sure you would not be.

Instead, I would encourage you to browse the ***Ergonomics Design Guidelines*** to get a sense of what is included. You may have noticed in the other Tracks, I reference the ***Guidelines*** as appropriate. As you continue to work in ergonomics, please access the ***Guidelines*** as you run across questions that you need to answer.

I can’t guarantee every question is answered, but I hope it provide some answers. Remember to always use your professional judgement when making use of the information.

Thanks for your time and attention!