



Ergonomics Principles

1. **PROCESS** – Promote effective work processes
2. **POSITION/SUPPORT** – Promote neutral body and limb position/support
3. **MOVEMENT** – Promote regular physical movement
4. **MATERIAL HANDLING** – Control manual material handling
5. **REACH** – Promote work in reach zone
6. **WORKSTATION/TOOLS/EQUIPMENT** – Provide correct workstation, tools and equipment
7. **TRAINING** – Provide competency based training
8. **ENVIRONMENT** – Control exposure to work environment
9. **HEALTH/WELLNESS** – Promote personal health and wellness
10. **FEEDBACK** – Provide on-going feedback for continuous improvement

Risk Level Index

The key below establishes the **Risk Level Index** in terms of ergonomics issues (health, safety and productivity): **NOTE:** Ranking may be subject to change based on additional input.

- **LOW** considered **low** risk with low priority to change.
- **MOD** considered **moderate** risk, recommend modification as feasible.
- **HIGH** considered **high** risk, recommend concerted effort to modify.

Risk Level Index takes into account **Dose** (severity/stress level of the ergonomics risk factors) in combination with **Exposure** (duration/frequency of the ergonomics risk factors).

The higher the values for Dose and Exposure the greater the estimated risk for the activity.

