



Construction, farming, landscaping, outdoor work involves physical labor, and over time, can take a toll on the body. Due to the labor-intensive nature of working outside, ergonomics can be of great value in reducing the risk of injuries. Let us look at how to protect workers from injuries ergonomically.

## Tools

- Avoid using tools or other items above shoulder height.
- **Cover handles** with slip resistant materials (plastic or rubber).
- **Do not overexert when shoveling.** Maintain your back in an upright position, lifting with the legs and not your back.

## Lifting

- Keep loads between hand and shoulder level.
- Avoid lifts from the floor or over shoulder level.

- Put handles on containers whenever possible.
- Redesign loads so that they can be lifted close to the body.
- When carrying objects more than a few feet, use a dolly or utility cart.
- **Try to use both arms** – your back will be less likely to strain if you carry two half containers in each arm, rather than a full container with only one.

## Positioning

- Sit up with a straight back, keeping the shoulders back. Knees should be even with or slightly higher than your hips. Keep feet flat on the floor.
- Try to avoid sitting in the same position for more than 30 minutes.
- Allow workers to do different types of work (change from standing to sitting to walking).
- **Redesign work to avoid stooping.** If stooping is required, integrate other alternative tasks that require sitting or walking.