



10. Repetition



What do you notice about repetitive motions? Note: For background information, see other side.

In conclusion, the current situation

is acceptable

needs improvement

What *specific* improvements can be made?

Should we analyze the situation or the proposed solutions in more detail?

no

yes - more detail on other side





10. Repetition

Ergonomic
design

We looked at ...	Why be concerned? (consequences)	Recommendations
Repetition	<p>No recovery time for repetitive tasks leads to:</p> <ul style="list-style-type: none">• A build-up of muscle and tendon strain and fatigue• A loss of precision• A drop in alertness, increasing the risk of incidents causing injury and damage	<ul style="list-style-type: none">• Reduce the work pace whenever possible• Design the job so that each arm or hand can be used in turn (alternated)• Arrange for frequent rotations between workstations that require different postures and effort (note: studies say that if workers' backs may be affected by the tasks, this may not be a very effective "fix")• Arrange for short, frequent breaks (5 minutes per hour)• Provide pneumatic or electric tools for the most repetitive tasks• With the operators, examine how repetitive tasks can best be done to minimize effort and posture strain• Teach this technique to everyone

Translated and adapted from SOBANE materials, available at www.sobane.be/fr/tms_obs.html

