



## 2. Tools, materials, controls, products



What do you see or notice in terms of:

Note: For background information, see other side.

- visual controls?

- distance required to reach tools/materials/controls/products?

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





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We looked at ...	Why be concerned? (consequences)	Recommendations
<b>Visual controls</b>	Position of dials, screens, etc. determines: <ul style="list-style-type: none"> <li>• eye movement</li> <li>• head posture</li> <li>• trunk posture</li> </ul>	Position dials, screens etc. in front of the operator, especially when: <ul style="list-style-type: none"> <li>• they are referred to or used frequently</li> <li>• they are important for safety and production quality</li> </ul> The line of sight must be: <ul style="list-style-type: none"> <li>• slightly below the horizontal plane</li> <li>• directly in front of the operator or slightly to the left or right</li> </ul>
<b>Distance to reach</b>	If too far: <ul style="list-style-type: none"> <li>• awkward postures - extended arms and shoulders, bent back ...</li> <li>• tendon and joint problems</li> <li>• local and general muscle fatigue</li> <li>• back and neck pain</li> </ul>	Position controls, materials and tools: <ul style="list-style-type: none"> <li>• directly in front - if standing, less than 50 cm (20") away ; if sitting, less than 38 cm (15") away</li> <li>• at heart level</li> <li>• less than 60 cm (24") - arm's length away for major or frequently used controls</li> </ul> Never reach behind. Perform repetitive tasks with shoulders relaxed and elbows bent about 90° or more.

Translated and adapted from SOBANE materials, available at [www.sobane.be/fr/tms\\_obs.html](http://www.sobane.be/fr/tms_obs.html)

