



6. Posture - standing



What do you see or notice in terms of:

Note: For background information, see other side.

- the height of the work surface?

- bending the body backward or forward?

- the amount of time spent standing?

- supports for knees, hips, trunk, arms, etc.?

In conclusion, the current situation

is acceptable

needs improvement

What *specific* improvements can be made?

Should we analyze the situation or the detail

no

yes - more

proposed solutions in more detail?

on other side





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We looked at ...	Why be concerned? (consequences)	Recommendations
Height of the work surface	If poor: <ul style="list-style-type: none"> • raised shoulders, bent back or neck • general and local fatigue 	Adjust the height of the work surface to the size of the operator and according to the task and the type of work: <ul style="list-style-type: none"> • precision work - 95 cm - 110 cm (37.5" - 43") • light work - 85 cm - 95 cm (33.5" - 37.5") • heavy work - 70 cm - 90 cm (27.5" - 35.5")
Bending the body backward or forward	Sooner or later, bending leads to: <ul style="list-style-type: none"> • back muscle fatigue • compressed discs in the spine • back pain 	<ul style="list-style-type: none"> • Position controls, tools, equipment within easy reach of the operator • Maintain the same height throughout the entire production circuit • Provide space for feet at the base of the work surface so the operator can get close to what they are working on • For loads that have to be gripped or moved, position them at a height of more than 60 cm (24")
Amount of time spent standing	Prolonged standing leads to: <ul style="list-style-type: none"> • swelling of the legs & varicose veins • back and neck fatigue & pain • increased blood pressure 	<ul style="list-style-type: none"> • Provide a sit-stand stool, with room for knees and feet to fit under the work station/surface • Allow for work periods where workers can walk and sit down
Supports for knees, hips, trunk, arms ...	Local supports can reduce: <ul style="list-style-type: none"> • muscular strain • leg and back pain 	<ul style="list-style-type: none"> • Put a hip rest at the edge of the work surface • Position a hand grip where workers can hold onto it with one hand for high working surfaces • Vary working positions to avoid constant leaning • Never lean against a sharp edge

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

