



9. Posture - other positions/postures

Ergonomic design

What do you see in terms of:

Note: For background information, see other side.

- a twisted posture/position?

- prolonged posture/position?

- other postures/positions: kneeling, squatting, lying down?

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
Twisted posture or position	If the back or trunk is twisted: <ul style="list-style-type: none">• muscle fatigue• back problems	<ul style="list-style-type: none">• Rotating and moveable chairs:• Products/objects and orders facing the person• Use pivoting conveyors or tables whenever the product or object changes direction
Prolonged (i.e. static) postures or positions	A prolonged and fixed or static posture involves: <ul style="list-style-type: none">• fatigue for the contracted muscles (static load)• overloading joints and tendons	<ul style="list-style-type: none">• Alternate with tasks allowing movement• Reduce continuous muscular efforts (static positions)• Provide elbow supports, padded to level of the chair• Avoid keeping arms in the air or the body leaning forward• Avoid:<ul style="list-style-type: none">- high effort for more than 10 seconds- moderate effort for more than 1 minute- low effort for more than 4 minutes
Other postures or positions	<ul style="list-style-type: none">• Tired legs• Problems for hips, knees, ankles• Losing balance and chance of falling	<ul style="list-style-type: none">• Keep materials, products & tools within easy reach• Organize the work area so the person can work seated or standing• Layout loads so they can be handled at a height between 70 cm - 80 cm (27" - 31") above floor• Foresee/be aware of stable support points

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

