

LOSS CONTROL DATA GUIDE

Ergonomic Control Measures Standing Work

Standing work is common in many industries, including:

- Automobile Assembly and Repair
- Construction
- Delivery Operations
- Food Processing
- Inspection
- Inventory
- Large Appliance Assembly and Repair
- Machine Operation
- Material Handling Operations
- Medical Professions
- Metalworking
- Restaurant Operations
- Retail/Wholesale Sales
- Shipping/Receiving/Packaging
- Teaching/Instruction
- Woodworking

Although many jobs are performed with less exertion when the worker is standing, prolonged standing in one position creates different stresses. To eliminate/reduce/control adverse effects on standing workers, the following ergonomic control measures should be implemented:

- Task should be designed to involve movement. Static tasks should be eliminated.
- Work surface height should be adjustable. Height should be increased for writing and light

assembly task, and decreased for tasks requiring large downward, upward, or lateral forces.

- Work surface height should be between 2 to 6 inches below the level of the worker's elbow when the arm is hanging in a relaxed position. If work surface height is not adjustable, it should be designed to accommodate the taller workers. Shorter workers can stand on platforms.
- Everything worker needs to perform the task should be within easy reach (14 to 16 inches), arranged in a semicircle about the worker.
- Adjustable foot rests should be provided.
- Task should allow worker to move his/her head frequently.
- Elbow/forearm supports should be provided for delicate work.
- Tools, materials, etc., should be stored between 4 to 6 inches below worker's elbow height.
- Pulling movements should be eliminated.
- Pushing forces should be kept below 30 pounds for male workers, and below 15 pounds for female workers.
- Work stations should be provided with antifatigue mats.
- If feasible, prop stools, which allow for semi-standing and seated positions, should be utilized to reduce the amount of standing.

The loss prevention information and advice presented in this brochure are intended only to advise our insureds and their managers of a variety of methods and strategies based on generally accepted safe practices, for controlling potentially loss producing situations commonly occurring in business premises and/or operations. They are not intended to warrant that all potential hazards or conditions have been evaluated or can be controlled. They are not intended as an offer to write insurance coverage for such conditions or exposures, or to imply that Great American Insurance Company will write such coverage. The liability of Great American Insurance Company is limited to the specific terms, limits and conditions of the insurance policies issued.