

Jobsite: _____
Supervisor: _____

Date: _____
G.C. _____

SMOHIT Body Maintenance
Toolbox Talks for the Sheet Metal Industry

Introduction to Ergonomics

- Ergonomics is the scientific discipline concerned with how the work environment interacts with the worker.
- Ergonomics is important to employers and employees because exposure to physical stress can cause pain (acute or chronic), decrease productivity, decrease quality of products and services, impact your quality of life, and reduce career longevity.
- Ergonomics aims at making work easier so that workers can work smarter, not harder (e.g. moving operations closer together, using anti-vibration tools, etc.).
- Ergonomics aims to eliminate unnecessary reaches, awkward postures, and forceful exertions.
- Considerations in ergonomics are especially important for "older" workers.
- On a fundamental level, humans have limits to what they can do.
 - When a company fails to acknowledge these limits, for example, when workers must perform excessive reaching, twisting, bending, lifting, and walking, the price often includes expensive injuries and inefficient processes.
- The United States DOES NOT yet have federal ergonomic regulations.

Notes:

Instructor Tips

- **Ask workers to discuss what they know about ergonomics.**
- **Ask workers if they ever had an injury in any of the areas identified in the last bullet point, and if so:**

What was the cause?

How was the problem or condition resolved?

What type of medical treatment was required?

How could the problem have been prevented?

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