



## Ergonomics

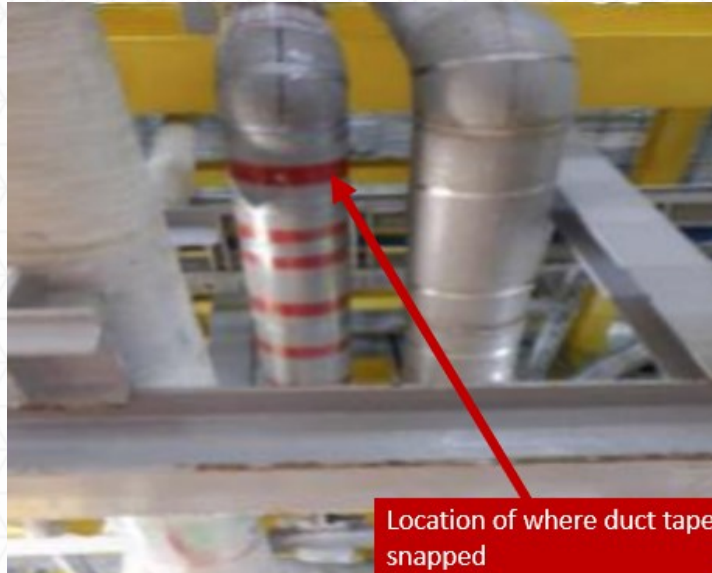
Ergonomics is the 'fit' between people and their work.

You should put people first, taking account of their capabilities and limitations to make sure that tasks, equipment, information and the environment fit each worker.

### Awkward Positioning:

The injured party was using duct tape to secure insulation between two pipes until the mastic set. He was positioned on a step ladder with a colleague footing it.

The duct tape snapped as he pulled it around the pipe and the roll hit him in the mouth splitting his top lip.



We often find ourselves in a sub-optimum position to carry out tasks due to plant layout and design.

**DISCUSS**

**How do you identify and control hazards associated with awkward access?**

### Line of Fire Positioning:

The injured party and his colleague were attempting to pry open a hatch.

The IP was lying on the deck to position himself for best leverage and control.

Two pry bars were used:

- The first was inserted into the joint
- The second was then inserted adjacent and an attempt was made to pry open the hatch

The first pry bar came loose when the joint was opened, it fell onto the IP's face causing a cut.



**SAFETY MOMENT**

Ergonomics

**STEP CHANGE  
IN SAFETY**