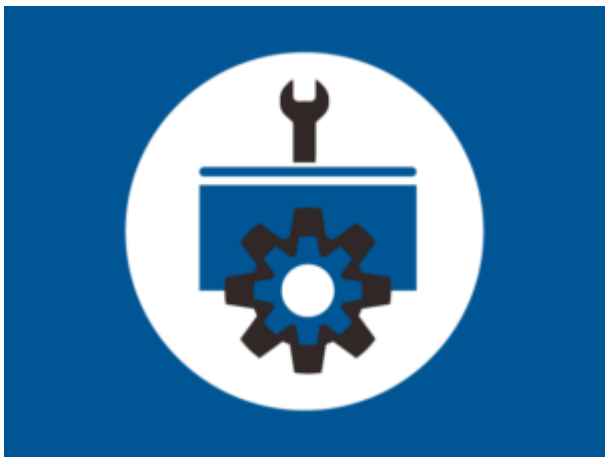
OhioWC Manufacturing Ergonomics



A description of the ergonomic process and best practices to reduce cumulative trauma disorders CTD risk factors in manufacturing sector.

Many of the injuries in manufacturing are musculoskeletal disorders caused by cumulative trauma. We call these injuries that result from cumulative wear and tear cumulative trauma disorders (CTDs). Back injuries, tendinitis and carpal tunnel syndrome are examples of common CTDs. Workplace risk factors for CTDs include repetitive motions, high forces, awkward postures and vibration exposure. CTDs in manufacturing can be associated with such activities as manual material handling, hand tool usage, awkward postures and prolonged equipment operation.

The Ergonomics Process

One effective way to reduce the risk of CTDs such as carpal tunnel syndrome and back injuries is to establish an ergonomics process. Do not regard ergonomics processes as separate from those intended to address other workplace hazards. Use the same approaches to address ergonomic issues hazard identification, case documentation, assessment of control options and healthcare management techniques that you employ to address other safety problems. It is important to realize that you cannot combat cumulative disorders effectively with a quick-fix program. Rather, a long-term process, which…