Introduction and Application of Ergonomics and Lean for EASE Sales Associates

EASE / MHI
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The 3M’s

- **Muri** – over burden or unreasonableness
- **Muda** – waste
- **Mura** – unevenness or inconsistency

**Source:**
Pakistan Institute of Quality Control, “Productivity Enhancement at Indus Motor Co. Ltd. Through Focusing on 3M’s: MURI (Over-Burden), MURA (Non-Value Added), MURA (Unevenness)
Ergonomic Controls and Hierarchy

Types of Ergonomic Controls:

1. Engineering Controls
   – Changes made to workstations, tools, machinery, etc., that alter the physical composition of the work area or work process (e.g. hoist/crane, lift table, lift cart, conveyor).

2. Administrative Controls
   – Changes made to the work process or manner in which the work is performed without physically altering the workspace (e.g. job rotation, job enlargement, work methods training, work hardening).

3. Personal Protective Equipment (PPE)
   – Equipment worn to minimize exposure or impact of certain risks (e.g. gloves, padding, vibration dampening wraps, foot and eye protection, respirators)
Resource - Engineering Controls: Material Handling & Ergonomic Solutions