

SOLUTIONS

Ergonomic

What you need to know to minimize the risk factors associated with the development of injuries in your workforce!



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Vestil Manufacturing

Ergonomics Checklist

WHAT TO LOOK FOR	YES	NO	EXAMPLES	VESTIL SOLUTION
<p>Are workers forced into awkward postures to perform their tasks?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Bending and twisting to access material.</p>	<p>Use a <u>lift</u> to raise or lower material so that it is level with the work surface.</p> <p>Carousels can be used in conjunction with lifting equipment to position material ergonomically.</p>
<p>Do tasks in your workplace involve repetitive motions?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Frequent reaching, lifting, and carrying material.</p>	<p><u>Tilt</u> containers to minimize reaching.</p> <p>Use a <u>hoist or crane</u> to lift materials at the workstation.</p> <p>Use a <u>wheeled cart or dolly</u> to transport materials.</p>
<p>Are you noticing forceful exertions in your workers?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Carrying or lifting heavy loads that require substantial force to move.</p>	<p><u>Powered moving and lifting equipment</u> is required when handling heavy loads.</p>
<p>Are there height discrepancies between your workstations and your workers?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Reaching for material and working in an uncomfortable position.</p>	<p>Elevate workers to an ergonomic height with correctly <u>fitted steps</u> or <u>platforms</u> or utilize <u>variable height workstations</u>.</p>
<p>Are workers engaging pressure points on their bodies while maneuvering material?</p>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Grasping loads or leaning against parts or surfaces that are hard or have sharp edges.</p>	<p>Utilize equipment to <u>tilt</u>, <u>move</u>, or <u>rotate</u> material such that the worker can keep objects at arm's-length.</p>

Ergonomics Checklist

HOW VESTIL CAN HELP

IF YES



EHLT-Series
Electric hydraulic scissor lift tables lift material to an ergonomic working height.



LLPH-Series
Lite Load Lifts transport materials. Lift platform with either a winch or foot pump.

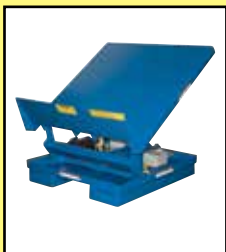


ETS-Series
Self-Elevating Spring Tables automatically raise or lower as material is added or removed.



CA-Series
Manual Carousels rotate materials 360° with the assistance of an operator.

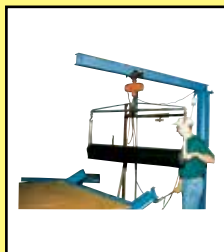
IF YES



UNI-P-Series
Single Scissor Lift & Tilt Tables position containers within easy reach.



EHLTT-Series
Lift & Tilt Scissor Tables perform both lifting and tilting (45°) operations.



JIB-FM-Series
Floor Mounted Jibs offer 360° rotation. Hoists and trollies also available!



EFHD-Series
Extruded Aluminum Platform Cart. Many sizes and styles available!



DHHT-Series
Dual Handle Hand Trucks. Aluminum, Stainless, and "P" Handle also available!

IF YES



S-Series
Stackers feature powered drive and powered lift. Many styles available!



EPT-Series
Electric Pallet Trucks raise and lower loads with the push of a button.



PMPS-Series
Pallet Master/Servers allow one person to move loaded pallets without a fork truck.



PEL-Series
DC Powered Quick Lifts are quiet, and position material with the touch of a button.



CART-Series
Traction-Drive Carts maneuver heavy loads with virtually no effort.

IF YES



AHT-Series
Adjustable Work-Mate Stands elevate workers to heights that are ergonomic and comfortable.



ASP-Series
Adjustable Step-Mate Stands can be used as a comfortable worker platform or a semi-permanent step.



WT-Series
Mobile Tilting Work Tables bring work to an ergonomically correct position.



PST-Series
Portable Scissor Lift Tables transport loads and act as portable, adjustable workstations.

IF YES



TM-Series
Tilt Masters lift and position work at an ergonomic angle for comfort.



EM1-Series
Efficiency Master Tilt Tables tilt to 45° or 90° for easy access.



DRUM-QUAD-Series
Multi-Purpose Dollies transport drums with maximum ease.



TT-Series
Manual Turntables position work to minimize reaching.

Ergonomic SOLUTIONS

By the numbers . . .

- Manual material handling (MMH) work contributes to a large percentage of the over half a million cases of musculoskeletal disorders reported annually in the United States.
- Musculoskeletal disorders are associated with high costs to employers such as absenteeism, lost productivity, increased health care, disability, and worker's compensation costs.
- Musculoskeletal disorders account for nearly 70 million physician office visits in the US annually, and an estimated 130 million total health care encounters including outpatient, hospital, and emergency room visits.
- The Institute of Medicine estimates the economic burden of WMSDs (Work-related Musculoskeletal Disorders) as measured by compensation costs, lost wages, and lost productivity, are between \$45 and \$54 billion annually.
- According to Liberty Mutual, the largest workers' compensation insurance provider in the US, overexertion injuries - lifting, pushing, pulling, holding, carrying or throwing an object - cost employers 13.4 billion every year.
- In 2011, workers sustaining injuries and illnesses from repetitive motion required a median of 23 days away from work - nearly 3 times as many as all other types of injuries and illnesses.
- Research shows that the most effective way to keep employees on the job is to keep them *healthy* and *comfortable*!



Scan this code to watch our exclusive video

"The Road to Workplace Ergonomics"



Bulletin: ERGOCHECK-1112