



ErgoDATA

Ergonomics Deep-dive and Task Analysis

Ergo Analysis Tool Selector

Task to be Analyzed: _____

What Action Best Describes the Task You Would Like to Analyze?
(click an icon below to select a tool)

LIFTING or LOWERING

- Two-Handed (NIOSH Lifting Eqn.)
- Two-Handed (Liberty Mutual Guide)
- Two-Handed (while seated)
- Two-Handed (while kneeling)
- One-Handed

PUSHING or PULLING

- Two-Handed (horizontal) (Liberty Mutual Guide)
- One-Handed (horizontal)
- Two-Handed (vertical)
- One-Handed (vertical)
- Two-Handed (lateral)
- One-Handed (lateral)

UPPER EXTREMITY INTENSIVE

- Arms/Shoulders (RULA)
- Hands Only (Strain Index)
- Forearm & Wrist Clearance
- Wrist Torque
- Hand Tool Torque
- Hand Strength (Grip, Pinch, Thumb, Palm)

OFFICE

- Office Ergonomics (ROSA)

MUSCLE FATIGUE

- Rodgers Muscle Fatigue Analysis

CARRYING

- Two-Handed (Liberty Mutual Guide)
- One-Handed

ErgoDATA is an online suite of assessment tools designed to assist your company in providing the best analysis of your operations. Coupled with the Center's workshops, ErgoDATA is the tool of choice when you need to assess work areas to identify the risk associated with each job. With ErgoDATA you can conduct all of your ergonomics task analyses, including pushing and pulling, lifting and lowering, carrying, hand intensive tasks, and repetitive and forceful work. ErgoDATA guides the user by selecting the best analysis tool based upon task characteristics. ErgoDATA includes the following tools:

- Industrial Screening Tool
- RULA Calculator
- NIOSH Lifting Equation Calculator
- Strain Index Calculator
- Liberty Mutual MMH Calculator
- Rodgers Muscle Fatigue Analysis Calculator
- ROSA Calculator
- Hand Grip & Insertion Forces Calculator
- Hand Tool Torque Calculator
- Hand-Arm Clearance Calculator
- One-Handed Carry Calculator
- One-Handed Lift-Lower Calculator
- One-Handed Push-Pull Calculator
- Two-Handed Seated & Kneeling Lifting Calculator
- Wrist Torque Calculator

ErgoDATA can be accessed by visiting:
www.ergocenter.ncsu.edu/resources_tools/ergodata/



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