Chapter 54: Ergonomics

Quick Start Summary

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URL: http://www-group.slac.stanford.edu/esh/eshmanual/references/ergonomicsQuickstart.pdf

1 Who needs to know about these requirements

The requirements of Ergonomics apply to workers, supervisors, ergonomic specialists, ESH coordinators, and the program manager; and the Occupational Health Center (OHC) and Space Planning and Management.

2 Why

Activities that require work in a restricted space or with awkward or static postures, repetitive motions, pressure points, vibrating tools, or forceful exertions can lead to injuries and reduced worker effectiveness.

3 What do I need to know

Workers and supervisors should be actively screening activities and workplace conditions with potential ergonomic risks and are strongly encouraged to engage their ESH coordinator or contact the program manager and/or OHC for assistance, ranging from informal consultations to formal evaluations.

Workers who use computers for more than two hours a day must complete ESH Course 291, Ergonomics Training - Office Worker (ESH Course 291), either when they arrive at SLAC or when moving to a different office. Formal office ergonomic evaluations (ESH Course 291EV), performed by an ergonomic specialist provided by OHC, are available and are particularly recommended for computer users. Formal evaluations and informal consultations are also performed at non-office locations, such as machine shops and laboratories. Supervisors and workers are expected to implement the recommendations resulting from formal evaluations. Stretching and back safety courses are available to increase awareness and support this program.

4 When

These requirements take effect 27 March 2014. (The requirement for evaluating routine lifting is effective immediately for any new hires and workers being reassigned. For all others, the effective date is 1 October 2014.)

5 Where do I find more information

SLAC Environment, Safety, and Health Manual (SLAC-I-720-0A29Z-001)
• Chapter 54, “Ergonomics”

Or contact the program manager.