

Strategies for Awkward Postures

- Provide height adjustability in a standing workstation.
- Establish a suitable working height depending on the type of work being done (i.e. precision, light or heavy work).
- Provide sit/stand stools at standing workstations and for tasks with prolonged standing.
- Provide height adjustable chairs.
- Utilize lift tables to keep the position the objects close to the worker.
- Utilize tilt tables to angle objects close to workers.
- Utilize rotating platforms to minimize reaching for objects.
- Provide self-elevating platforms in deep bins to keep items easily accessible and near the top of the bin.
- Provide false bottoms in deep sinks or containers.
- Limit shelf heights to between knee and shoulder height.
- Provide foot rests at standing workstations.
- Ensure the type of flooring will minimize shock absorption to the worker's body.
- Provide anti-fatigue matting for standing work areas with hard floor surfaces.
- Use devices such as lifts, duct jacks, scissor lifts, and extension poles or stands for operating tools overhead.
- Use adjustable scaffolds, aerial and other work platforms to raise the whole body closer to work.
- Place materials used often at appropriate height and less frequently used materials in less desirable locations.
- Use tables, benches, or stands to bring work to waist height.

Marklin R. General Knowledge Regarding Engineering Controls in Interventions, controls and Applications in Occupational ergonomics, Marass and Karwowski (eds), CRC, 2006.