

POTENTIAL HAZARD

Twisting and Bending (Upper Body)

Less stress is applied to bones, nerves, muscles, ligaments, and tendons when the body works in neutral positions. On US farms in 2014, there were more than **10,000** hand, wrist, and finger, and approximately **15,000** shoulder, chest, back, abdomen, and pelvic region work-related injuries.¹ An employer may pay more than **\$36,000** in indirect costs (associated with training replacement employees, accident investigation, lost productivity, implementation of corrective measures, absenteeism, and lower employee morale) for one employee treated for a work-related muscle strain.²



Recommendation: Avoid Awkward Postures

- Do not work above shoulder level
- Maintain a neutral spine and avoid twisting above the waist
- Do not extend or flex the wrist



Recommendation: Use Tools and Equipment that Allow for Neutral Positions

- Use adjustable workstations and ergonomic handles on tools
- Adjust work surfaces to elbow level or slightly lower
- Use hoists, conveyors, or other mechanical means for moving material

¹National Institute for Occupational Safety and Health. Occupational Injury Surveillance of Production Agriculture Survey, 2014. <https://www.cdc.gov/niosh/topics/aginjury/oispa/pdfs/AI-9-508.pdf> ²Occupational Safety and Health Administration (OSHA). Estimated Costs of Occupational Injuries and Illnesses and Estimated Impact on a Company's Profitability Worksheet (Parameters: strain injury type, 3% profit margin, one employee). <https://www.osha.gov/dcsp/smallbusiness/safetypays/estimator.html>

