Appendix 7

Power point presentation of TRIM training
Ergonomics training for TRIM team leaders & coordinators
Johnson Controls Watloo, Pretoria

Presented by Susan Grobler
Physiotherapist
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What do you see?
His chair is too low/his table is too high. Reason: ?
My definition of ergonomics:

- Ergonomics is the science to design the job according to the human, to enable the human to be more productive.

- Productivity = \[
\frac{\text{Money received from customer}}{\text{Expenses due to sick leave/material/etc}}
\]

- Ergonomics should: Increase productivity (Better work-flow, Less mistakes) Decrease labor costs (Less sick leave)
Performance equation

Performance = \text{capability} \times \text{commitment}

- Know how
- Knowledge
- Willingness
- Persistence

How Do You Measure Up?
The Answer Does Not “Add Up”...
IT MULTIPLIES!
Why is it hard work to work in a static posture?
The 6 reasons are:
Reduce the harmful effects of a static job by attending to:

1. Work place design
2. Job design
3. Training
1. Work place design

Proper back support  Don’t reach  Space under the table
3. Training: Job rotation: Why?

Prevent injury by:

- Using different muscles in different time slots during the day to minimize the overuse effect on a specific muscle group.
- E.g. Rotate between: locking down and top stitch
3. Training: Job rotation in standing

Table too low

Table too high

Tables should be height adjustable
3. Training: Job rotation in sitting

- Each work station should be adjustable regarding the chair, and table height
- It is very complicated to design this in our own environment
- Alternative: Rotate the job between the workers, except for:
  - Top stitch
What are the most common overuse injuries?

- Carpal tunnel syndrome
- Tennis elbow
- Neck & back spasm
- De Quervian tendonitis