Appendix 7

Power point presentation of TRIM training

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Ergonomics training for TRIM team leaders & coordinators

Johnson Controls Watloo, Pretoria

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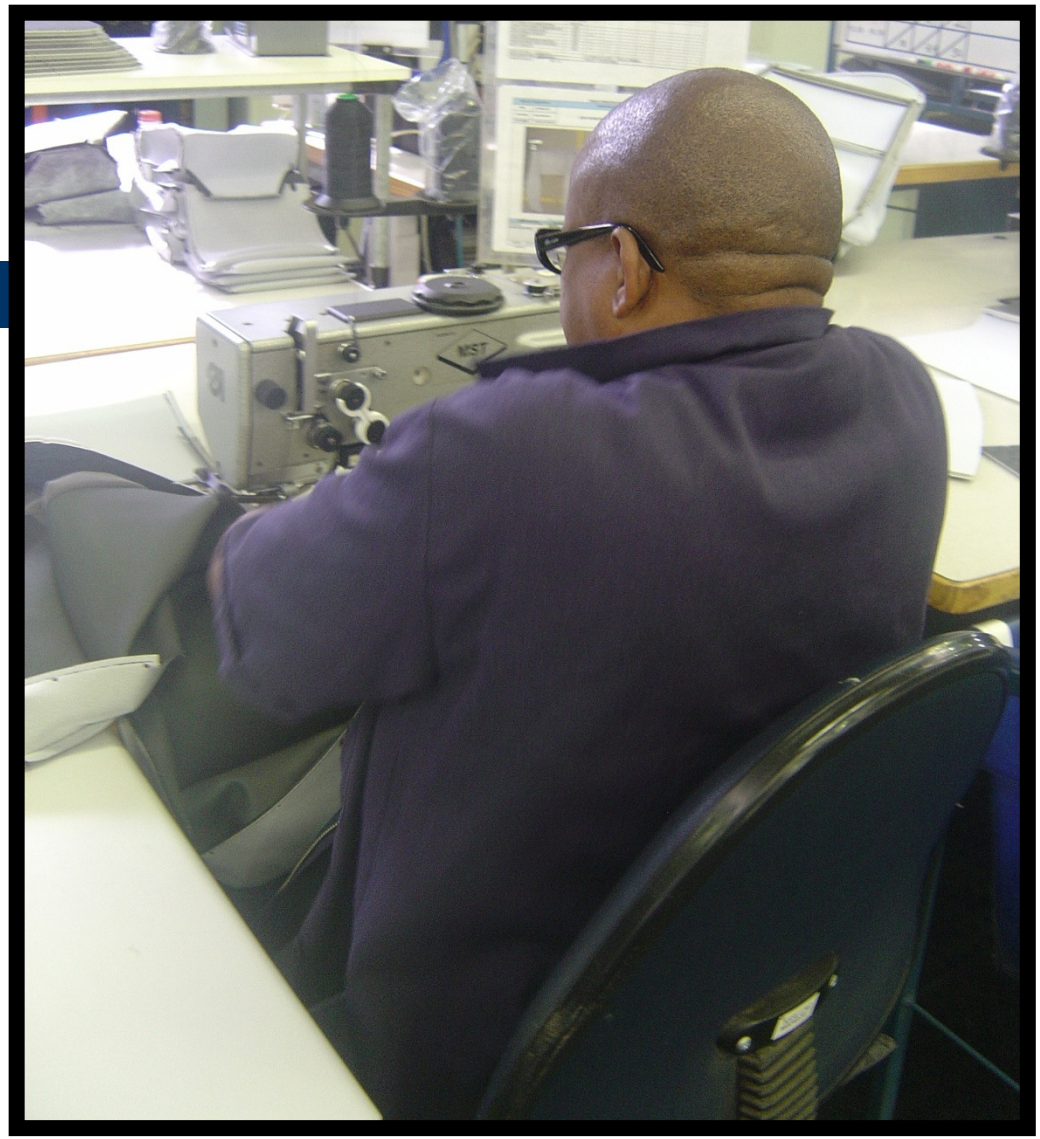
What do you see?



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 = Money received from customer / 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 = capability x commitment

- capability
  - •Know how
  - •Knowledge
- commitment
  - •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

Tables should be height adjustable

Table too high

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