

# The 5 Most Common Ergonomic Risk Factors

There's More Than One Recipe for Injury Potential.

There is no risk factor that is worse than any other. Any risk factor has the potential to lead to the worst injury, but the presence of two or more factors increases that risk exponentially.



## FORCE

The more force required for a task, the greater the risk. This means the heavier the item or the greater distance lifted both add to the risks.



## REPETITION

Repetitive movements—defined by the percentage of a work day doing a task, or the number of movements—increase the risk of injury.



## AWKWARD POSTURES

When the body is forced into positions where it has to work harder to accomplish a task, it magnifies the risk of injury and stress.



## CONTACT STRESS

Contact points pressed against surfaces compress nerves and reduce blood flow in limbs, putting stress on muscles and the body overall.



## VIBRATION

The effects of hand-arm vibration or whole body vibration can be similar to contact stress, with the potential for internal organ damage.

### EXAMPLE:

Lifting a heavy item



WHILE

twisting & bending at the waist



FOR

75%  
of the day.



**WHAT REALLY MATTERS IS HOW MUCH ANY OR ALL OF THESE ADD UP OVER TIME.**

Learn how you can mitigate the risk by incorporating a multi-factor, comprehensive ergonomic program.

GIVE US A CALL:

**877-348-4975**

Find out more at: [wellworkforce.com](http://wellworkforce.com)

**"THE FUTURE IS PREVENTION. THE FUTURE IS NOW."**

Fit For Work is an established national provider of innovative workplace injury prevention services that has unmatched expertise and sustainability.

