



Solutions in Ergonomics

Ergonomics is concerned with the harmony between people and their work. It puts people first, taking account of their capabilities and limitations. It seeks to make the job fit the person better rather than insisting that the person must fit the job. Ergonomics aims to make sure that tasks, equipment, information and the environment suit each worker.

Problems arise in the workplace when there is a mismatch between the job and persons doing that job. These may result in accidents and ill health resulting in absence from work, the cause of which may not always be obvious. Symptoms may include aches and pains, psychosomatic complaints, psychological issues and feelings of discomfort and dissatisfaction.

Seeking solutions may lead to increase in profitability, business growth and raised morale.

Some of the considerations in assessment are:-

- ◆ the job being done and the demands made
- ◆ the equipment used (its size, shape, and how appropriate it is for the task)
- ◆ the information used (how it is presented, accessed, and changed)
- ◆ the physical environment (temperature, humidity, lighting, noise, vibration)
- ◆ the social environment (teamwork and supportive management)
- ◆ the physical and psychological characteristics of people
- ◆ the body movements involved in the task such as twisting, stooping, stretching and wrist flexions and rotations and finger pincer movements

Examples where solutions may be needed are display screen equipment work, manual handling, potentially stressful work situations, managing the working day, environments where thermal and illuminance factors are unsatisfactory and work that involves repetitive actions in poorly designed tasks.

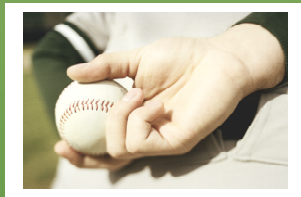
JRL Solutions Ltd works to appropriate standards to address these problems including reference to:-

- ◆ Health and Safety Acts
- ◆ Appropriate Regulations
- ◆ Approved Codes of Practice and Guidance
- ◆ Sector best practice

If you wish to discuss further please contact us in a way best for you. We are always happy to talk with no obligation.

We can discuss details, your specific requirements and satisfy your needs.

Cost always reflects quality and value. We always present a proposal for your consideration with full estimated costs.



JRL Solutions Ltd offers the following Solutions:-

- ◆ By carrying out risk assessments which include observations, discussions with staff, measurements and photographic record
- ◆ By making recommendations using an appropriate hierarchy of control

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