

## Ergonomic Control Measures – Standing Work

Standing work is common in many industries, including:

- Automobile Assembly and Repair
- Construction
- Delivery Operations
- Food Processing
- Inspection
- Inventory
- Large Appliance Assembly and Repair
- Machine Operation
- Material Handling Operations
- Medical Professions
- Metalworking
- Restaurant Operations
- Retail/Wholesale Sales
- Shipping/Receiving/Packaging
- Teaching/Instruction
- Woodworking

Although many jobs are performed with less exertion when the worker is standing, prolonged standing in one position creates different stresses. To eliminate/reduce/control adverse effects on standing workers, the following ergonomic control measures should be implemented:

- Task should be designed to involve movement. Static tasks should be eliminated.
- Work surface height should be adjustable. Height should be increased for writing and light assembly task, and decreased for tasks requiring large downward, upward, or lateral forces.
- Work surface height should be between 2 to 6 inches below the level of the worker's elbow when the arm is hanging in a relaxed position. If work surface height is not adjustable, it should be designed to accommodate the taller workers. Shorter workers can stand on platforms.
- Everything worker needs to perform the task should be within easy reach (14 to 16 inches), arranged in a semicircle about the worker.
- Adjustable foot rests should be provided.

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- Task should allow worker to move his/her head frequently.
- Elbow/forearm supports should be provided for delicate work.
- Tools, materials, etc., should be stored between 4 to 6 inches below worker's elbow height.
- Pulling movements should be eliminated.
- Pushing forces should be kept below 30 pounds for male workers, and below 15 pounds for female workers.
- Work stations should be provided with antifatigue mats.
- If feasible, prop stools, which allow for semistanding and seated positions, should be utilized to reduce the amount of standing.

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