



Repetitive Motion

Many work tasks and cycles are repetitive in nature, and are frequently controlled by hourly or daily production targets and work processes. High task repetition, when combined with other risks factors such high force and/or awkward postures, can contribute to the formation of MSD (Musculoskeletal Disorder). A job is considered highly repetitive if the cycle time is 30 seconds or less.

Ergonomics is important because when you're doing a job and your body is stressed by an awkward posture, high force requirement, and/or repetitive motions, your musculoskeletal or "movement" system is affected. Bad ergonomics increases fatigue in your soft tissues and your body may begin to have symptoms such as fatigue, discomfort, and pain, which can be the first signs of a movement system disorder.

If you are exposed to ergonomic risk factors over weeks, months and years, fatigue will outrun your body's recovery system. When fatigue outruns recovery over the course of time, a movement system disorder develops.

How to Prevent Repetitive Motion Injuries

There is no perfect load that allows a driver to pick up cases in a perfect manner every time. Our goal as delivery drivers is to evaluate each situation and put ourselves in the safest position the situation allows. Follow your FACTs:

Focus-

Focus on 1 item at a time and evaluate the best position to allow yourself to safely lift materials with your legs, keeping your back straight.

Anticipate-

Anticipate where you will need to stand and where to place your feet to allow you to bend your knees to lift product with your legs and having room to move your feet to avoid twisting.

Correct-

Correct hazards that impede proper body mechanics of lifting. I.E.- downstacking, keeping trailer clean of trash and debris, not tunneling and boxing self in restricting movement, etc...

Talk-

Talk and send pictures to your regional manager and safety manager about hazards that are beyond your control. I.E.- trailers loaded all the way to the door and no room to stand.

