

Our catalogue number	Occupation	Task	Module name	Ergo work strategy
24-010	Custodial	Scrubbing showers	It's cool to use a long-handled tool	When cleaning showers, workers must bend and reach up and forward. Using a long-handled tool can reduce the strain on the body and allow a more relaxed posture.
24-033 HK	Custodial	Waste disposal	Know your limit and lift within in	Disposing of large and heavy bags can be challenging. To make the task easier and to prevent a bag from ripping and making a mess, avoid overfilling the bag, or remove the waste more often so the bags don't get as full.
24-001	Distribution	Securing strapping	Use only the required force to pull strapping	'Yanking' on a strap to tighten it uses more effort than necessary, and can cause shoulder strain. Using only the amount of effort <i>required</i> to secure the item saves your muscles from injury.
24-002	Distribution	Picking heavy boxes	Two hands are better than one	When you need to pull a large, heavy box from a shelf onto a picker, you may have the choice to pull with one hand or two. Using two hands allows more muscles to share the load, and prevents twisting.
24-024	Forestry	Hedge trimming	All about that base (foot placement)	The worker typically trims hedges with a narrow stance, with the feet together. Leaning forward requires the worker's center of gravity to travel outside of the footprint, which increases the risk of falling. When using a wider base of support, the worker can lean further without losing balance.
24-025	Forestry	Trimming	Harness your Strength	Workers commonly hold the full weight of the trimmer in the hands while trimming hedges. A harness or strap can transfer about half of the trimmer's weight to the shoulders, making the job easier for the arms.
24-016	Housekeeping	Making beds	Squat for heavy lifts	While making a bed, people commonly bend the back, and lift the mattress corner with one hand. Lifting the mattress using leg and arm strength avoids twisting and reduces the load on the back, making the lift easier and reducing the overall effort. We can use more leg strength by using a "squat" technique.
24-017	Industrial	Ladder and tool use	Set up your ladder to reduce reach	The worker often positions a step ladder <i>facing</i> the spot that will be drilled, and reaches over the ladder to use the drill. By positioning the step ladder <i>adjacent</i> to the drilling location, the reach can be reduced.
24-018	Industrial	Power tool use at low working heights	Why not kneel for low level work	When you lean over to drill holes at low heights, you put a lot of pressure on the lower back, and often have to push sideways. By kneeling on one knee, you can work with a more upright back posture. You might also be able to push forward instead of sideways.
24-020	Industrial	Ladder and tool use	Two handed tango	Using one hand to hold the drill while standing on a ladder increases the fatigue and strain on the one arm. If you can switch to the non-dominant hand for half of the drilling, you'll give the dominant hand time to rest and recover.
24-022	Industrial	Use tire iron	Push forward, not sideways	The arms are weakest in the sideways directions and strongest in the forward/back direction. If you can position your body so the push is forward or backward, the task will be easier.
24-009	Laundry	Unloading washer	Face the washer to remove laundry	Workers commonly reach sideways to transfer laundry from the washing machine to a wheeled bin. This twist puts strain on the back. Facing the laundry while removing laundry eliminates the twisting demand and reduces the effort for the back.
24-011	Laundry	Unloading washer	Don't overpack the washer	A common practice is to load the washing machine until no more items can fit, and this can make unloading the washer very demanding. By packing the washer less full, you can make unloading it much easier.
24-013	Laundry	Lift bags	Shift to a golfer's lift	When retrieving a bag from a large bin, bending without support can put a lot of strain on your lower back. Placing one hand on the bin supports the weight of your body, giving the back muscles a rest. Extending one leg back helps you to keep your back straight.
24-014	Laundry	Unload washer	Alternate hands when removing laundry	When unloading laundry, workers typically stand facing one way and reach using the same hand throughout the shift. For each load, a laundry worker may reach into the dryer 60 times with one hand. By alternating sides periodically, you can give the reaching arm a break.

24-007	Paramedics	CPR	Get close during CPR	Patients requiring CPR are often found in confined or awkward positions when paramedics arrive. The common practice is to begin performing CPR immediately, even if paramedics must perform CPR with long reaches and awkward postures. Pushing down with a long reach will cause fatigue, and that fatigue may prevent the paramedic from applying effective compressions. By repositioning the patient or removing obstacles, the paramedics can improve their body posture and reduce the effort required to perform CPR.
24-008	Paramedics	Standing from squat position	Stand up using helping hands	Paramedics often kneel when attending to a patient, administering treatment, assessing injuries or performing CPR. When they stand up from a kneeling position, they may lose their balance, or strain their knees. Using their hands as support while standing up can improve stability and reduce strain and effort.
24-070	Paramedics	Manual handling - bags	Grab'n'Go	Retrieving the equipment bag after you exit the ambulance can require a heavy, one-handed lift at a long reach. If you retrieve the bag while standing inside the ambulance means that the bag is lifted from a better height and reach. Placing the bag on the stretcher avoids climbing down from the ambulance while carrying a load.
24-071	Paramedics	Stair transfer	Use stair chair instead of stretcher for short flights of stairs	Transporting a patient up or down stairs using a 2-person carry or a stretcher is very demanding. For calls at homes with only a few stairs, using the stair chair instead of a stretcher can avoid these tasks.