# A screen shot of a computer  Description automatically generatedjobsite ergonomics

Many trades can pose various risks regarding ergonomics. Workers are required to do extensive labor with hands, material handling, bending, pulling etc. Taking appropriate precautions in day to day activity is key to preventing musculoskeletal disorders.

*Potential ergonomic hazards:*

* Excessive exertion or stress from using hand tools, power tools and other various equipment
* Holding or working on components overhead or in a bent position; sometimes for an extended period
* Lifting and transporting material by hand on the jobsite
* Pushing, pulling and rolling equipment to reposition
* Cutting and trimming material

*Ways to address these hazards:*

* Try to avoid high vibration tools; take frequent breaks and reposition when needed
* Report poor performance of tools or those in need of repair
* Use extension tools or machines rather than handheld or manual processes when possible to alleviate unnecessary strain
* If an extended period is spent kneeling use knee pads to ease pressure
* Take micro breaks when necessary; rotate between tasks to avoid repetition
* Use a forklift or cart for material handling when possible
* Team lift when lifting devices are not feasible

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