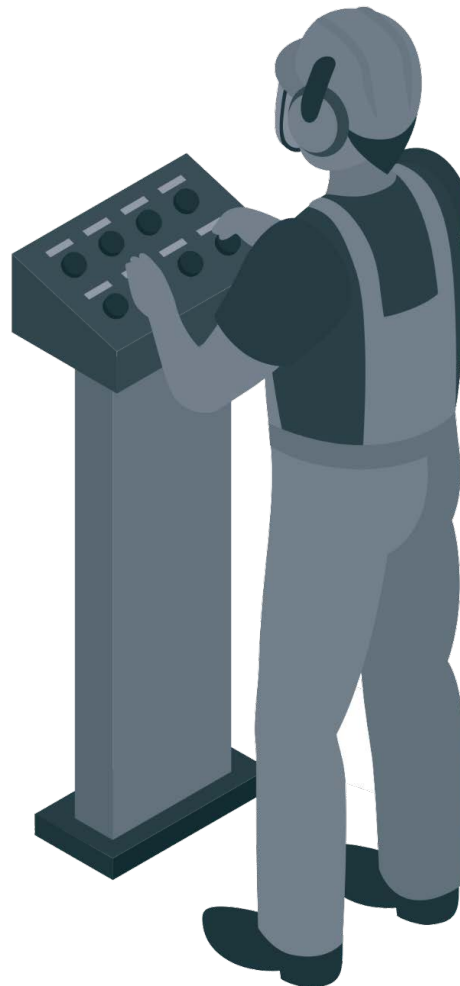


HAZARDS WORKING AT STATIC WORKSTATIONS IN SAWMILLS

Ergonomically, a person's body is affected by the arrangement of the work area and by the tasks they perform while standing.

The layout of a workstation, the tools & the placement of controls and the displays a worker needs to operate or observe from, may limit a body's position causing the impacted area to become stressed and rigid.

- **WHAT ARE THE HEALTH HAZARD WITH STATIC STANDING AT WORKSTATIONS?**
- **WHAT CAN I DO TO MINIMIZE THE NEGATIVE EFFECTS OF STATIC STANDING WORKSTATIONS?**



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What are the health hazard with static standing at workstations?

Keeping the body upright requires considerable muscle effort. Prolonged standing can reduce the blood supply to the loaded muscles of the legs, back and neck muscles which are used to maintain an upright position. In turn, the insufficient blood flow to these areas can accelerate the onset of fatigue causing pain.

Prolonged and frequent standing, without relief, causes blood to pool in the legs and feet resulting in inflammation of the veins which, over time, can result in chronic and painful varicose veins.

Excessive standing also causes the joints in the spine, hips, knees and feet to become temporarily immobilized or locked. This immobility can lead to rheumatic diseases due to degenerative damage to the tendons and ligaments (the structures that bind muscles to bones).

What can I do to minimize the negative effects of static standing workstations?

Increasing the number of muscles involved will help equalizes the distribution of loads on different parts of the body with less strain on the individual muscles and joints used to maintain the upright position. Use proper lifting and bending techniques and avoid twisting under load to help minimize muscle strain.

Changing body positions will improve blood supply to the working muscles. Both effects contribute to the reduction of overall fatigue.

The quality of footwear and type of flooring material (wooden, cork or rubber-covered floor mats) are also major factors contributing to standing in comfort.

Organization of the workspace is equally important. There must be enough room to move around and change body position comfortably and easily. Providing built-in foot rails or portable footrests will allow workers the ability to shift body weight from one leg to the other. Controls and tools should also be positioned to ensure the worker can reach them easily, without twisting or bending.

For work that requires standing only, a sit/stand stool should be provided when possible so the worker is given the flexibility to do the job either standing or sitting to alleviate muscle fatigue. The seat should be placed at an ergonomically suitable height to allow the worker to sit when necessary.



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