

ERGONOMICS SOLUTIONS



Ergonomics

Essential for Workplace Safety

Ergonomics, or the study of designing work environments and tasks to fit the capabilities and limitations of workers, plays a crucial role in ensuring workplace safety and enhancing overall productivity. By applying ergonomic principles, organizations can minimize the risk of injuries, reduce discomfort, and improve efficiency. Here's a comprehensive overview of how ergonomics contributes to workplace safety:

Key Ergonomic Principles

● Design for Comfort & Efficiency

Objective:

To create workspaces and tasks that enhance comfort and efficiency while reducing physical strain.

Implementation:

Adjustable Workstations: Design workstations with adjustable features to accommodate various body sizes and work styles. For example, height-adjustable desks allow employees to switch between sitting and standing.

Proper Tool Selection: Provide tools and equipment that are ergonomically designed to minimize strain. For example, ergonomic handles and grips reduce hand and wrist strain.

● Promote Proper Posture

Objective:

To encourage correct posture and reduce the risk of musculoskeletal disorders (MSDs).

Implementation:

Chair Design: Use chairs with adjustable lumbar support, seat height, and backrest tilt to support proper sitting posture.

Monitor Placement: Position computer monitors at eye level to reduce neck strain and encourage proper head alignment.

● Reduce Repetitive Strain & Overuse

Objective:

To minimize the risk of repetitive strain injuries and overuse syndromes.

Implementation:

Task Rotation: Implement job rotation to vary tasks and reduce repetitive motions.

Breaks & Stretching: Encourage regular breaks and stretching exercises to alleviate muscle tension and prevent fatigue.

Ergonomic Solutions and Tools

● Anti-Fatigue Mats

Description:

Cushioned mats placed in work areas where employees stand for long periods.

Benefits:

- Reduce leg and lower back discomfort.
- Improve circulation and reduce fatigue.

● Lift Belts

Description:

Supportive belts worn around the lower back during lifting tasks.

Benefits:

- Provide additional back support.
- Encourage proper lifting techniques.

● Knee Pads

Description:

Protective gear worn to cushion the knees during kneeling tasks.

Benefits:

- Reduce pressure and discomfort on the knees.
- Enhance mobility and comfort.



Benefits of Ergonomic Workplace Design

● Reduced Injury Rates

Prevention: Ergonomic design helps prevent common workplace injuries such as back strains, carpal tunnel syndrome, and repetitive strain injuries.

Recovery: Reduces the severity of injuries and supports quicker recovery through comfortable and supportive work environments.

● Increased Productivity

Comfort: Comfortable employees are more focused and less distracted by pain or discomfort.

Efficiency: Ergonomic tools and setups enable workers to perform tasks more efficiently and with less effort.

● Improved Job Satisfaction

Well-being: A well-designed ergonomic environment contributes to overall job satisfaction and well-being.

Retention: Employees are more likely to stay with an organization that values their health and comfort.

● Enhanced Safety Compliance

Regulations: Adhering to ergonomic principles helps organizations meet occupational health and safety regulations.

Risk Management: Reduces the risk of workplace accidents and legal liabilities related to employee health.

Implementing Ergonomic Solutions

● Conduct Ergonomic Assessments

Evaluate Workstations: Assess current workstations, tasks, and tools to identify ergonomic risks and areas for improvement.

Seek Employee Input: Involve employees in the assessment process to gather feedback on their needs and experiences.

● Invest in Ergonomic Equipment

Upgrade Tools & Furniture: Invest in ergonomic tools, chairs, and desks that support proper posture and reduce strain.

Provide Training: Educate employees on proper ergonomic practices and the use of ergonomic equipment.

● Promote Ergonomic Practices

Encourage Regular Breaks: Implement policies that encourage frequent breaks and stretching exercises.

Monitor & Adjust: Continuously monitor the effectiveness of ergonomic solutions and make adjustments as needed.



AFM6191

ESD Anti Fatigue Mat made of PVC & EPDM Foam



Product Information

Material	PVC & EPDM Foam
Size	610x910mm / 610x450 / Customized size available
Thickness	18mm
Texture	Industrial Diamond Plate
Color	Black & Yellow
ESD Type	Surface 10e6 10e9 ohms Bottom 10e4 10e6 ohms

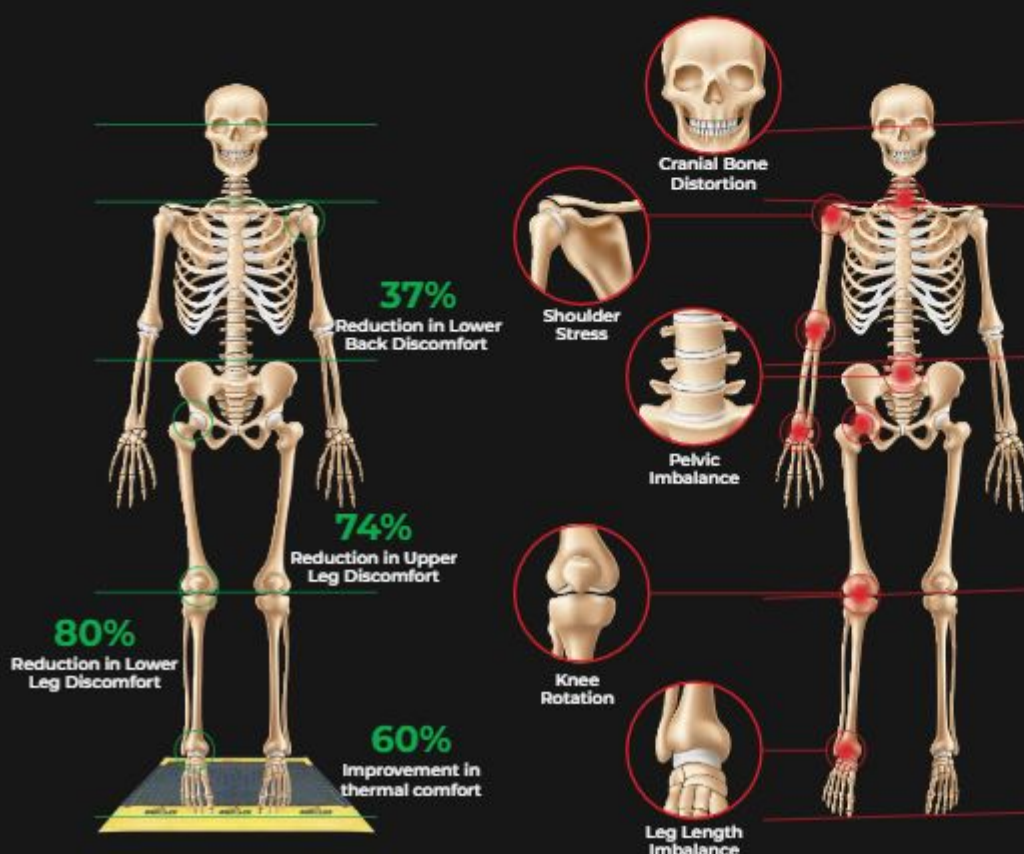
Packaging Information

10 Pieces / Non woven Bag
100 Pieces / Wooden Pallet

Product SKU	Inner pack UPC	Carton GTIN
BL SH AFM YBK 1	810148535575	00810148535582



THE BENEFITS OF ANTI-FATIGUE MATS

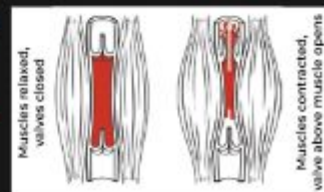


BALANCED

- Improves structural alignment and joint function
- Improves muscular balance and prevents nerve impingement
- Reduces uneven wear and tear on joints
- Body weight evenly distributed
- Efficient natural movement
- Reduced pressure on organs

IMBALANCED

- Neck pain and headaches
- Shoulder restrictions and pain
- Arm and hand pain nerve entrapment
- Bulging discs/back pain
- Uneven pressure/knee pain
- Uneven weight distribution
- Foot and ankle pain



This blood pooling in the legs and the increased pressure on joints causes pain and discomfort, which can eventually result in a work-related musculoskeletal disorder if not diagnosed and treated where necessary.

Due to gravity's effect on our bodies because of our upright position, we are designed to be moving rather than standing still as when we are stationary, our muscles are required to tense to stop us from losing our balance. This causes greater fatigue too.

A study by Loughborough University found that just 90 minutes of continuous standing can cause an individual to feel uncomfortable, which may seem like a short amount of time to someone who spends their whole working day on their feet.

LB001 Back Lift Support Belt with Dual Adjustable Straps



Product Information

Product Type	Lift Support Belt
Material	Polyester
Color	Black

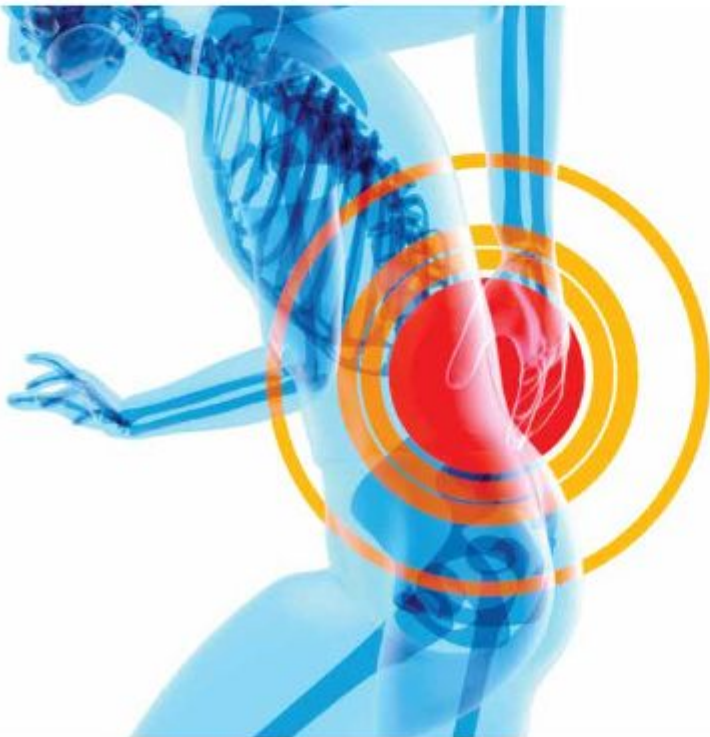
Product SKU	Size
BLSH M LB BK 12	Medium
BLSH L LB BK 12	Large
BLSH XL LB BK 12	Extra Large

Packaging Information

1 Piece / Bag
25 Pieces / Carton



THE BENEFITS OF BACK LIFT SUPPORT BELT



- 1. Reduces Lower Back Strain**
 - Supports the lumbar spine and abdominal muscles.
 - Helps prevent overextension and muscle fatigue during lifting or bending.
- 2. Promotes Proper Posture**
 - Encourages correct spinal alignment.
 - Minimizes the risk of slouching or poor posture while working.
- 3. Prevents Workplace Injuries**
 - Ideal for jobs involving repetitive lifting or heavy labor.
 - Reduces the chance of strains, sprains, and disc injuries.
- 4. Provides Pain Relief**
 - Offers compression and warmth to ease lower back pain.
 - Helpful for individuals with existing back conditions like herniated discs or sciatica.
- 5. Enhances Lifting Confidence**
 - Boosts stability during heavy lifting.
 - Encourages safer, more controlled movements.
- 6. Adjustable & Comfortable**
 - Typically made from breathable, stretchable material.
 - Customizable fit with straps or Velcro for all-day comfort.

KPE01

Hard Shell Knee Pad with Adjustable Strap



Product Information

Product type	Knee Pad
Material	PE cap, 600D polyester, EPE Foam, Hook&loop
Color	Black

Packaging Information

1 Pair / Polybag
25 Pairs / Carton

Product SKU
BLSH PEKP R

KPP01

Heavy Duty Knee Pad with EVA Foam, Gel & Adjustable Strap



Product Information

Product type	Knee Pad
Material	PVC cap, 600D polyester, EVA Foam+GEL, RIVET
Color	Black

Packaging Information

1 Pair / Polybag
25 Pairs / Carton

Product SKU
BLSH ELKP BK



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For all your product availability & distribution related queries

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