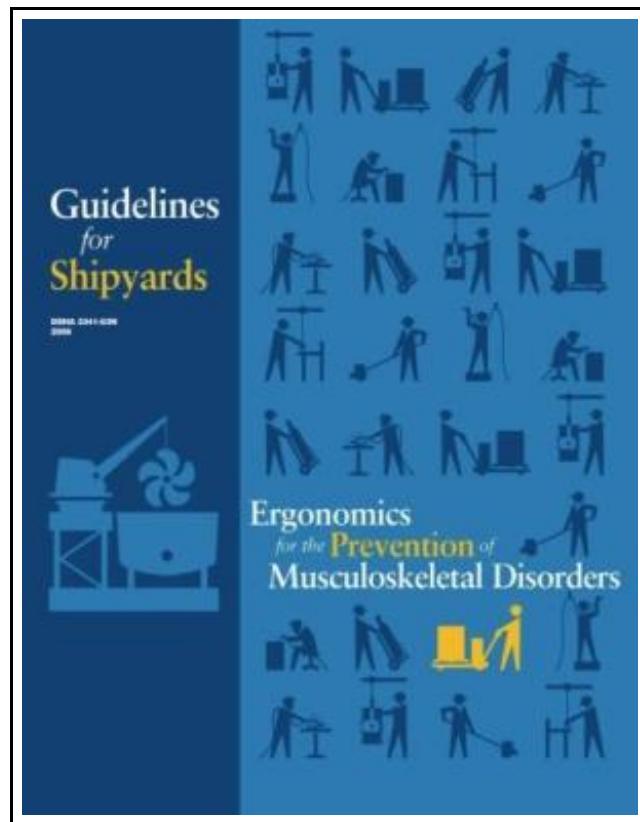


## Ergonomics for the Prevention of Musculoskeletal Disorders: Guidelines for Shipyards



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## ERGONOMICS FOR THE PREVENTION OF MUSCULOSKELETAL DISORDERS: GUIDELINES FOR SHIPYARDS

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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. OSHA 3341-03N Ergonomics for the Prevention of Musculoskeletal Disorders: Guidelines for Shipyards. Many proactive initiatives taken by the shipyard industry have resulted in a reduction in injuries and illnesses. Shipyards have reported that many shipyard tasks are performed in awkward body postures, at nonadjustable workstations, on scaffolds, and in enclosed or confined spaces (1, 2, 3). Even in this environment, the shipbuilding industry has found ways to make shipyard work easier through ergonomic solutions. However, the industry still has higher injury rates than general industry and construction (4). More remains to be learned about the relationship between workplace activities and the development of musculoskeletal disorders (MSDs). Continuing research and operational experience will provide additional information that will assist in designing further recommendations for reducing the potential for MSDs in workplaces. However, the experiences of numerous shipyards that have successfully addressed this important issue have provided a sufficient basis for taking action to better protect employees. These guidelines provide recommendations for shipyards to help reduce the number and severity of work-related musculoskeletal disorders, increase employer and employee awareness of ergonomic risk factors, eliminate unsafe work practices, alleviate muscle fatigue, and increase productivity. In order to develop these guidelines, OSHA reviewed existing ergonomic practices in several shipyards, conducted site visits to observe these practices in action, and interviewed employees in shipyards. Many shipyards addressed ergonomic issues by integrating ergonomics into their overall health and safety programs (1, 2, 3). In addition, the Agency reviewed available scientific information regarding shipyard work activities that may benefit from implementing specific ergonomic solutions. The general information in these guidelines is intended to provide shipyard employers and employees with effective solutions and a useful reference when determining the...



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