

## "Go To" Solution Ideas

Use this list as a quick reference to help start your brainstorming process on how to minimize risks by decreasing yellow cards.

POSTURE		
Workplace Athletics "Offence"	Administrative Changes <i>Do not remove risk factor(s) but can be effective in moderating exposure to them.</i>	Engineering Changes <i>Eliminate risk factor(s) and are the most effective types of controls.</i>
Catching Fly Balls  OR  Fielding Ground Balls	<p><i>Overhead Work</i> - Stand behind work and look up with the eyes instead of extending neck.</p> <p><i>Bifocal Use</i> - Consider posture impact of bifocals and adjust placement of items viewed.</p>	<p>Modify worksurfaces and/or parts to tilt or angle towards worker; tilting will decrease degree of neck flexion.</p> <p>Adjust height of items through relocation or stands, use of mechanical lifts or hoists, or the height of the worker through platforms or stools/chairs.</p>
Elbowing	<p><i>Vertical Reaching</i> - Provide a ladder or step stool/platform to raise the worker.</p> <p><i>Forward Reaching</i> - Provide a reaching tool or a tool handle extension to aid reaching tasks.</p> <p>Consider different tools and options (ie. tool extensions).</p>	<p><i>Vertical Reaching</i> - Lower/raise shelves or work areas, consider using jigs, stands or re-fitting original design. Use adjustable height work platforms.</p> <p><i>Forward Reaching</i> - Install gravity-feed racks to allow parts to flow to worker. Install lift tables with turntables on them.</p> <p>Modify work space (cut out obstacles/barriers) to permit worker to get as close as possible to items/areas.</p>
Golf swing	<p>Ensure ideal body mechanics is used (shoulders and hips facing the same direction).</p> <p>Use 2 hands when pushing/pulling carts/dollies/hoists to avoid back twisting.</p>	<p>Ensure hoist, cart, dolly, and other equipment handles/design do not require reaches that encourage back twisting to operate them.</p>
Face Off position	<p>Consider different tools and options (ie. tool extensions). Consider handles to pick up and carry containers to decrease low reaches.</p> <p>Consider implementing a chair or stool for lower tasks.</p> <p>Encourage workers to alternate postures to permit active recovery as feasible.</p>	<p>Change working height (ie. raise working surface or lower standing surface) to allow for work at elbow height.</p> <p>Angle work surface up to promote upright working posture.</p>
Wrist shot	<p>Re-orient tool for improved wrist postures (e.g. activate trigger with thumb to work on a horizontal surface).</p> <p>Alternate between hands to mouse/install/spray/feed/handle.</p>	<p>Ensure the tool promotes ideal postures, gripping, and matches application surface (flat, angled, perpendicular).</p> <p>Review tool weight, design, balance, and kick back and retrofit to decrease concerns.</p> <p>Review design of part/jig for potential changes to permit use of neutral postures.</p>
Catchers Stance	<p>Ensure both feet are firmly planted on the ground. Hold something stable for support if needed.</p> <p>Consider implementing a chair or stool. Ensure knee pads and/or knee savers are available to assist with contact stress and transition from kneeling to standing.</p> <p>Encourage workers to alternate postures to permit active recovery as feasible.</p>	<p>Review part/worksurface for potential changes in working height and/or orientation to permit use of neutral postures.</p>
REPETITION/ DURATION		
Risk Factors Present	Administrative Changes	Engineering Changes
Occurs repeatedly  OR  for a long period of time	<p>Identify ideal work methods to minimize non-neutral postures. (ie. Alternate between hands to install/spray/feed/handle)</p> <p>Job/Task Rotation: Balance work based on the muscle groups used through rotation between jobs or within the day.</p> <p>Job Enlargement/Re-processing: Merge jobs together or re-process to build in task variability and decrease repetition</p> <p>Micro-Breaks: Encourage employees to take micro-breaks where possible.</p>	<p>Explore modification of workarea set-up using "Postural" changes.</p> <p>Mechanize the task where necessary.</p>
FORCE		
Risk Factors Present	Administrative Changes	Engineering Changes
Lifting/Carrying  (heavy objects or the task is difficult/tiring)	<p>Implement a cart/dolly and locate it as close to desired location as possible to decrease/eliminate lift or carry.</p> <p>Consider decreasing weight of load and encourage handling less material/parts.</p> <p>Consider weight, balance, and shape of loads and handles and develop and follow ideal lifting/handling methods.</p> <p>Encourage lowering rather than lifting to utilize gravity whenever possible.</p>	<p>Consider methods to eliminate lift: install a hoist, pallet truck, pump truck, ladder hoist, cranes, or carts. Consider location of loads to decrease lifting distance.</p> <p>Reduce weight of load (ie. fabricate load out of a different, lighter material or split load into smaller loads).</p> <p>Re-design load to balance weight more symmetrically and improve grips/handles.</p>
Pushing/pulling  (heavy objects or the task is difficult/tiring)	<p>Consider decreasing weight of load and encourage loading less material/parts.</p> <p>Consider weight, balance, and path and develop work methods. Use proper pushing/pulling methods: ensure all employees understand.</p> <p>Evaluate route travelled to consider if floor/ground surface is increasing the force (e.g. inclines, 'lips' in doorways/elevators).</p>	<p>Consider methods to eliminate/decrease push/pull: use conveyors, powered pallet jack or powered pusher to transfer objects/materials</p> <p>Re-design cart/dolly out of a lighter-weight material, or use cut outs, to reduce base weight of cart. Ensure cart/dolly permits free access to the handles and natural use of 2 hands on the handle.</p> <p>Ensure wheels/casters type (ie. diameter, material) and capabilities (e.g. all multi-directional, 2 multi-direction/2 one-directional, etc) match task and ground surface.</p>