

Ergonomics of Material Handling

Tips and Techniques

Set Worktable Height

Use this worksheet in combination with the **Ergonomics of Material Handling Tips and Techniques** training program to gain hands-on experience in performing and coaching the specific job tasks.

Working in groups of 3 to 5 individuals, assign one group member the role of the coach, one member to perform the task and the remaining group members to observe and offer constructive critique. Rotate through the roles so each group member gains experience in the three roles.

Most of the worktables at nVent are multi-user workstations. It is important to take the time to adjust the worktable height to match the user. Use the worksheet below to provide feedback.

Tips and Techniques

- Set the height of the worktable **based on the height of the user and the type of work performed**:
 - Back in neutral upright position
 - Elbows about 90°
 - Reach within forearm length
 - Wrists relatively straight
- **Re-set worktable height** as needed to maintain arm/body position:
 - **Based on task performed** (a little lower if downward force is needed, a little higher if more precise viewing is needed)
 - **Size of materials/parts** (larger parts typically will have lower worktable height to allow desired body/arm positions)
- Perform **stretches** through-out the shift





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