



Tractor Talks

Ergonomics

It's not news that farm work is hard work! Agricultural workers are exposed to repetitive motions, awkward positions, heavy lifting, and other physically demanding tasks on a daily basis. To perform this work in the safest way possible, remember these tips:

- **Lifting** — *Use dollies, pallet trucks or carts to reduce manual lifting. Containers that must be lifted should have handles to help reduce lifting strain. Keep container, bag, or box weights below 50 lbs.*
- **Pulling** — *Avoid pulling carts or mobile equipment; use a pushing force instead.*
- **Reaching** — *Keep frequently used tools and other items within 17 inches and below shoulder height.*
- **Hand Tools** — *You should be able to grip the tool's handle all the way around with your forefinger and thumb overlapping. The handle should be covered with smooth, slip-resistant material.*
- **Stooping and bending** — *Avoid stooping and bending by using tools with long handles. Alternate stooped work with tasks that involve walking or sitting.*

Pay Attention to These Symptoms:

When performed correctly, your daily work activities shouldn't cause pain or discomfort. If you experience any of these symptoms, tell your supervisor, he or she may have ideas for a solution.

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| • PAIN | • SWELLING |
| • TINGLING | • CHANGE IN SKIN COLOR |
| • WEAKNESS | • CLUMSINESS |
| • NUMBNESS | • DECREASE IN RANGE OF MOTION |
| • TIGHTNESS | • LOSS OF MUSCLE FUNCTION |

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