



Ergonomics and Risk Factor Awareness Training for Miners

Dr. Janet Torma-Krajewski, Lisa J. Steiner, Richard L. Unger, William J. Wiehagen, Department of Health and Human Services Centers for Occupational Safety and Health, National Institute for Safety and Health

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Ergonomics is the science of fitting the work task to the user. It seeks to prevent serious injury by considering designs that accommodate the abilities and limitations of people. Many workers perform tasks that involve exposure to ergonomic risk factors. Musculoskeletal disorders resulting from such exposure account for one-third of all occupational injuries and illnesses reported to the U.S. Bureau of Labor Statistics. Exposures to risk factors can lead to the development of permanent, disabling injuries, and illnesses that may prevent workers from returning to their jobs and performing simple tasks that are part of their everyday routine. Reducing and eliminating risk factors will lead to healthier employees. The overall objective of Ergonomics and Risk Factor Awareness Training is to help reduce injuries and illnesses resulting from exposures to risk factors. This training is designed specifically for the mining industry and should increase awareness of risk factors and encourage miners to take action to report and reduce their exposures to risk factors. This training package includes two components: Ergonomics and Risk Factor Awareness Training for Instructors - designed to give instructors sufficient information about ergonomics and risk factors to allow them to adequately present similar training to employees.

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