The Ergonomics Rule

A B C to Comply with the Ergonomics Rule

A Preparation

1- Read the Ergonomics Rule (10 pages)

2- Make copies of the Checklist for Caution Zone Jobs (page 3 of the Rule)

3- Schedule a worksite walkthrough

Go to B

B Caution Zone Jobs

4- Complete a walk through and **Identify** Caution Zone Jobs (CZJ)

- If NO CZJ: not covered, no more requirements

- If CZJ are found:

5- Do Employee Awareness education

6- Analyze CZJ for WMSD Hazards

and Go to C

C WMSD Hazards*

7- Make copies of Checklist in Appendix B (6 pages)

8- Analyze WMSD Hazards

- If NO Hazards: no additional requirements

- If Hazards are found:

9- Implement controls

Department of LABOR AND INDUSTRIES

Keep in Mind...

- Always involve your employees
- Do a review every year
- Planning Changes in the operation? start on Step A to assure compliance

**WMSD: Work related Musculoskeletal Disorders*