

WORKPLACE ERGONOMICS CHEATSHEET

Here you can find the most common terminologies which can come up during an ergonomic optimization project



1

RISK ASSESSMENT (WERA)

Workplace Ergonomic Risk Assessment is the foundation of the ergonomic verification of the workplace. The expert evaluates the possible MSD factors.

2

MSD

Musculoskeletal Disorders are the most common health issues in case of workers which usually affect the back, neck, shoulders, upper limbs and lower limbs.

3

CORRECTIVE WORKFLOW

Evaluation and optimization of existing workplaces. Its main elements are screening, motion capture measurement, simulation, analysis, action plan and implementation.

4

CONCEPTIVE WORKFLOW

Ergonomic virtual verification and quality control of new workplaces in planning phase.

5

TRANPOSED WORKFLOW

This workflow is intended to create a compliance analysis of distant people and machines by using different ergonomic methods.

6

SCREENING

The inspection of the workplaces to identify the risk category of the different workstations, workload, health hazards and the possibility of injuries and illnesses.

7

MOTION CAPTURE MEASUREMENT

Motion capture systems are designed to measure and record the movements of the whole body which can be analyzed later in order to identify possible health and security risks and help to create optimal workstations.

8

ERGONOMIC ANALYZES

Ergonomic analyzes are used for identifying risk factors. Most commonly used analyzes methods: RULA, OWAS, NASA-OBI, ISO 11226, EN-1005-4, reachability analysis, spaghetti diagram.

9

VIRTUAL VERIFICATION

This method can help design, evaluate and optimize workstations in the planning phase without prototype production.

10

OPTIMIZATION ACTION PLAN

After a detailed analysis, ergonomic experts specify the possible organizational, technical and individual actions which can help to optimize the work environment.

