Farm Ergonomics Guide

A farm ergonomics guide with ordered steps for improving workstations, tools, and work habits so lifting, reaching, and repetitive tasks cause less strain.

Farm / unit: _____ Date: _____ By: _____

1. Observe tasks that cause strain
2. Adjust work height
3. Use carts and hoists
4. Choose tools that fit the hand
5. Keep loads close to the body
6. Alternate tasks through the day
7. Take regular short breaks
8. Report pain early
9. Review changes with workers

YOUR NOTES

TIP Talk to your doctor about persistent pain, and involve workers in picking tools and layouts that fit them.

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