

WORKING ON A (PRODUCTION-LINE) CONVEYOR OR BENCH

➔ Do not start your work until you have received instructions on how to set up the workstation and assume the correct work posture

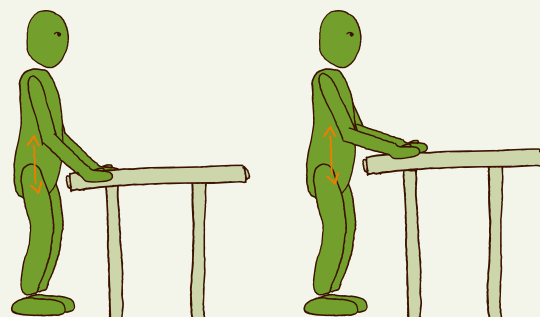
1 Alternate standing and sitting



Make use of aids such as an **elevated chair with footrest**, saddle chair or standing chair

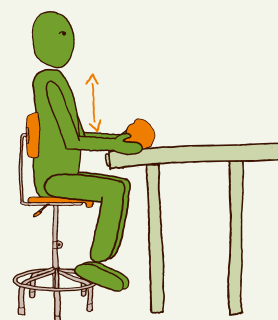
Do not stand longer than **1 hour at a time** and a total of **4 hours** a day.

2 Adjust working height



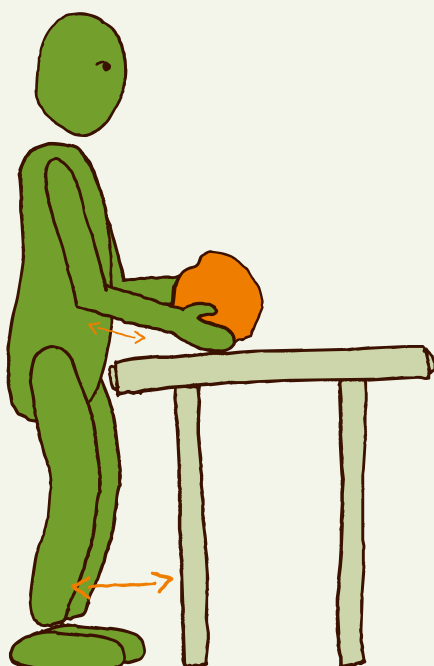
Work applying force downwards **between elbow and hip height**

Work with medium strength **at elbow height or slightly lower** (+/- 10cm)



Fine manual work **between elbow and shoulder height**

3 Stand close to the conveyor or workbench



- Ensure there is **adequate leg room**. Work **within forearm length**. Avoid reaching further over the work surface by extending arms and/or inclining the upper body.

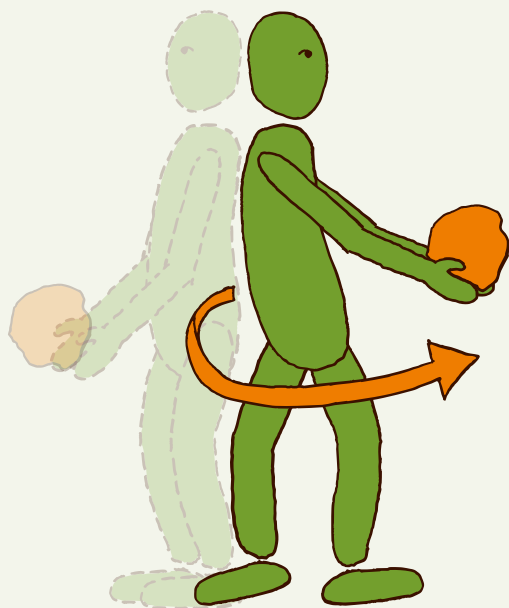
4 Stand in a stable manner



Stand without **locking knees** and work on a **flat and clean floor**

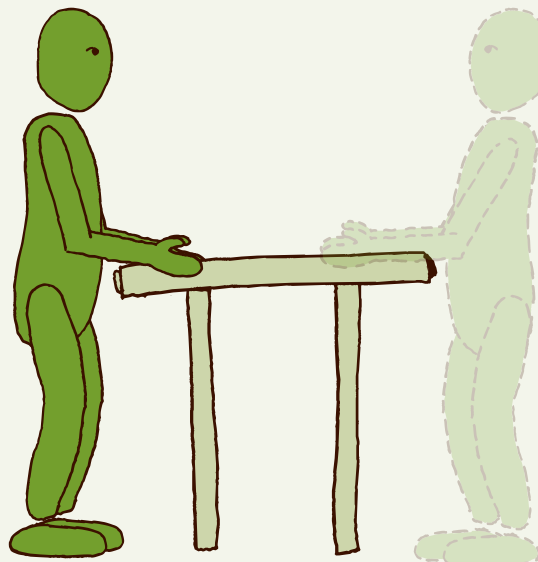
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5 Avoid frequent twisting of torso



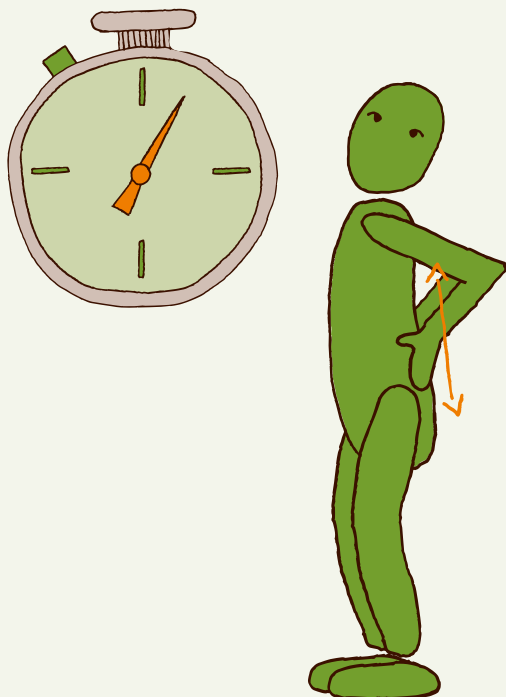
Stand **directly in front of** the product when picking it up, hold the product **close to your body**, change direction by using **small steps to pivot**.

6 Change places on the conveyor or bench



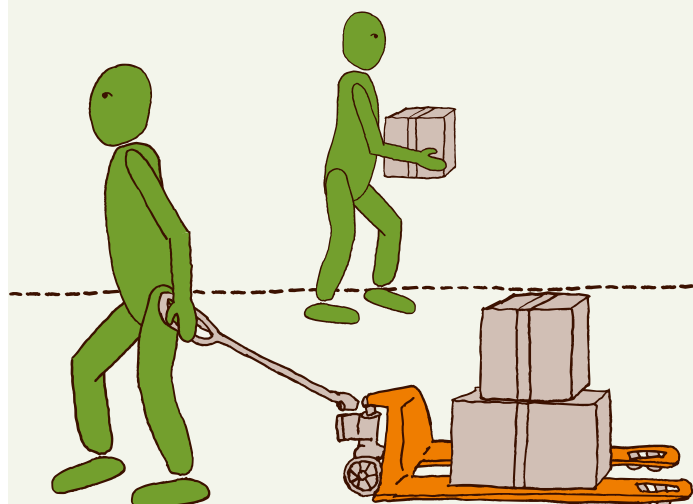
For example, switch from the left to the right side, or from the start to the end of the conveyor or bench.

7 Take regular short breaks



Walk and move around during breaks. Such activity is important for your body's recovery.

8 Vary tasks



Vary tasks in ways that require a change in work posture.



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