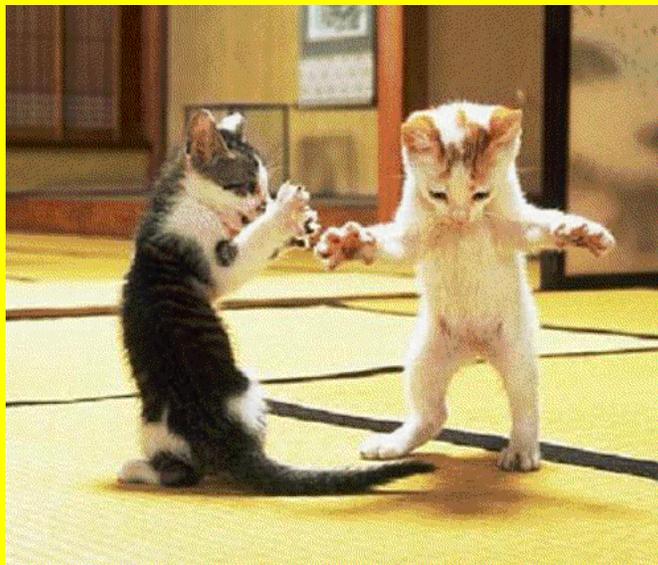


Tenth Annual Industrial Hygiene Forum



I cat (can't) wait to start.



Fleet Readiness Center East

Marine Corps Air Station Cherry Point, NC 28533

Vertical/Short Takeoff and Landing



AV-8B HARRIER II



V-22 Osprey



F35 - Joint Strike Fighter

Rotary Wing



UH-1 Helicopter



CH-46 Helicopter

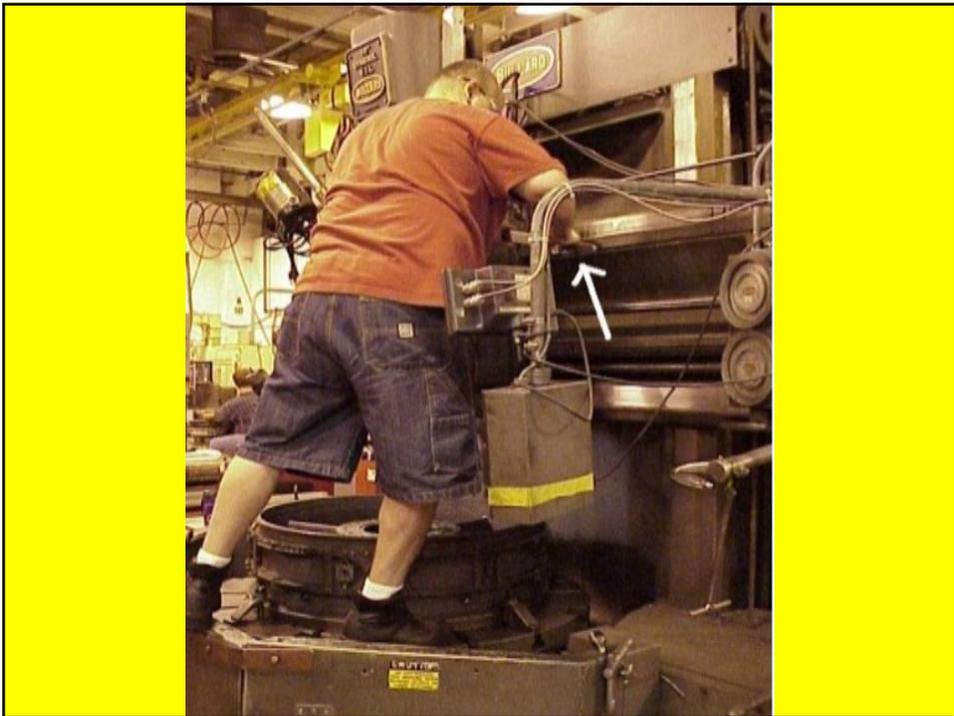
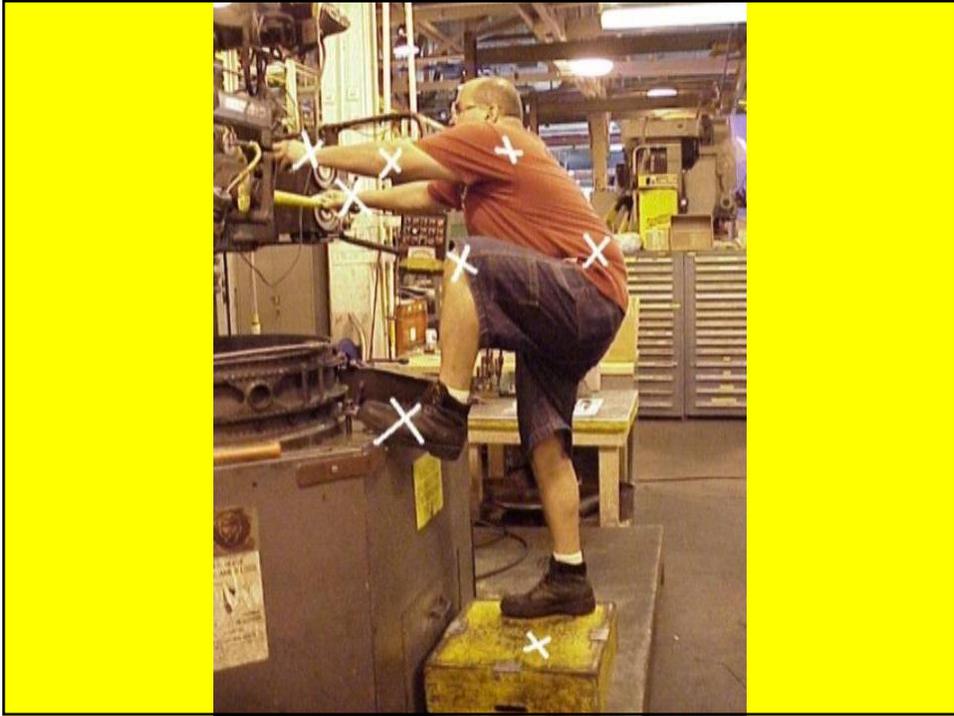


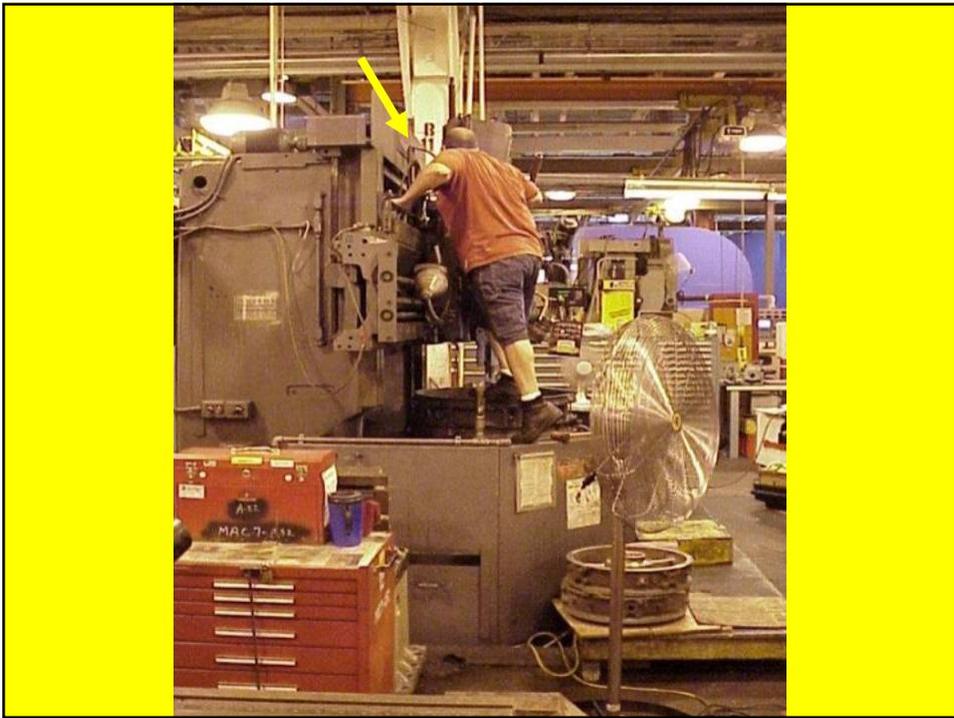
H-53 Helicopter

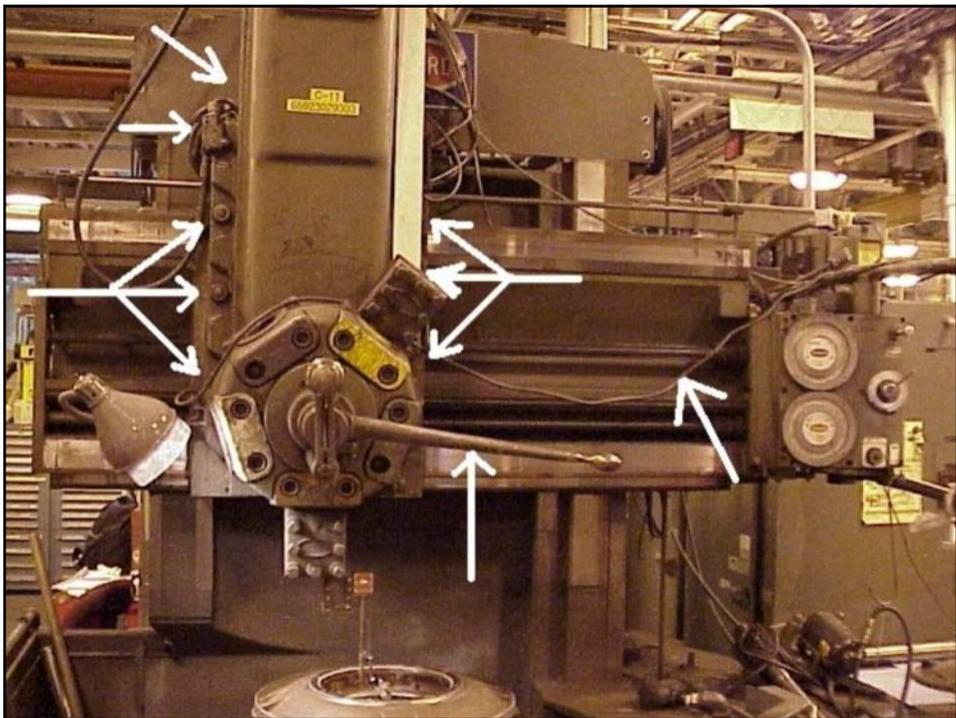
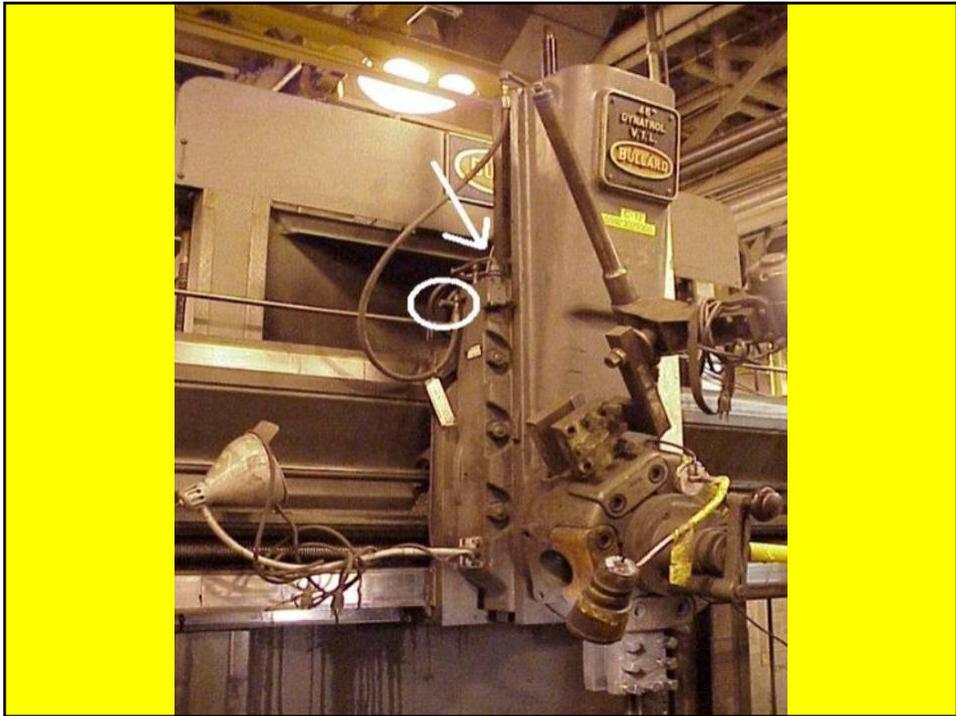


Elements For Funding

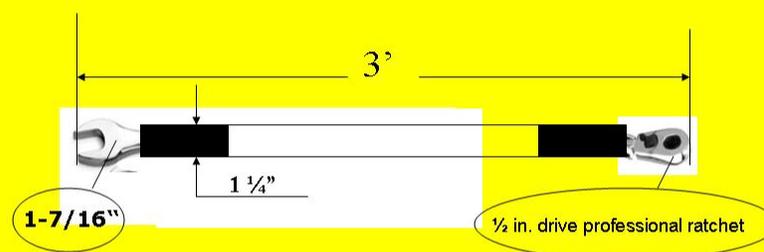
- 1.) Know your job functions. "Ergonomics"
Don't guess- have the right training- make the right decisions!
- 2.) Pick your target for an ergonomic survey. (You may only have one opening to demonstrate your abilities.)
- 3.) It's best to pick a person that stands out front of the number one spot to showcase your ergonomic abilities: i. e. administration person outside the plant Managers office, CO office, etc.
- 4.) It also helps to pick someone you know, ► a person that needs your ergonomic assistance and would be willing to work with you to make improvements happen.
- 5.) Lets show an example of part of a PowerPoint I gave to our command.



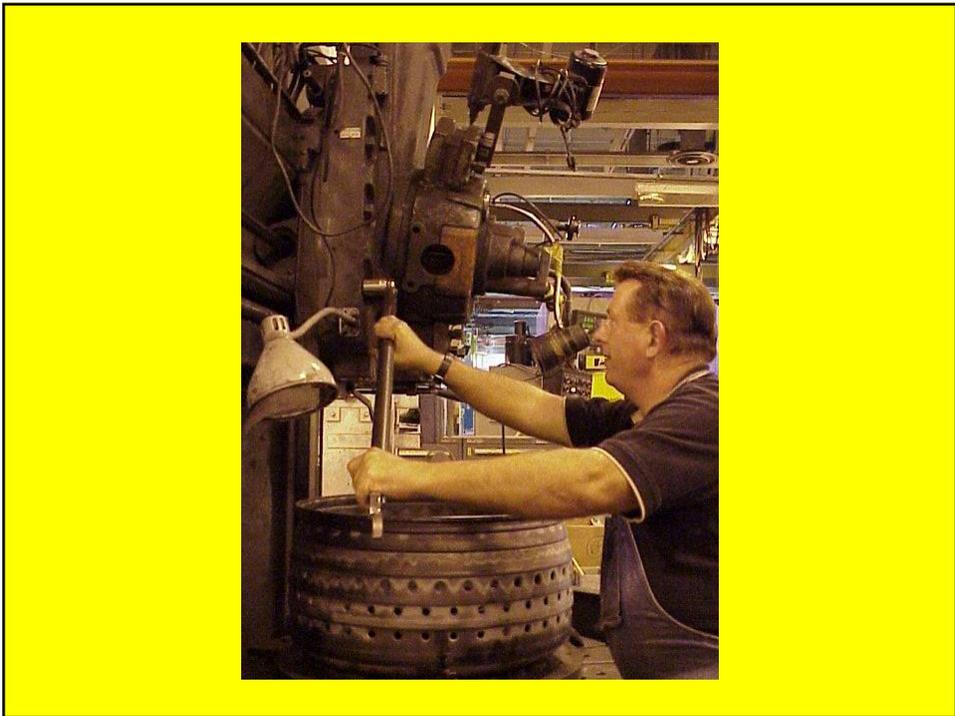




**What would you do
to fix the problem?**



I don't have funds to make this tool for testing.





Thinking Outside the BOX (Fun time)



**Do you find yourself having headaches, stiff neck and backache
due to PNFR “Phone Neck File Reach” ?**



Before



After Using the wireless headsets

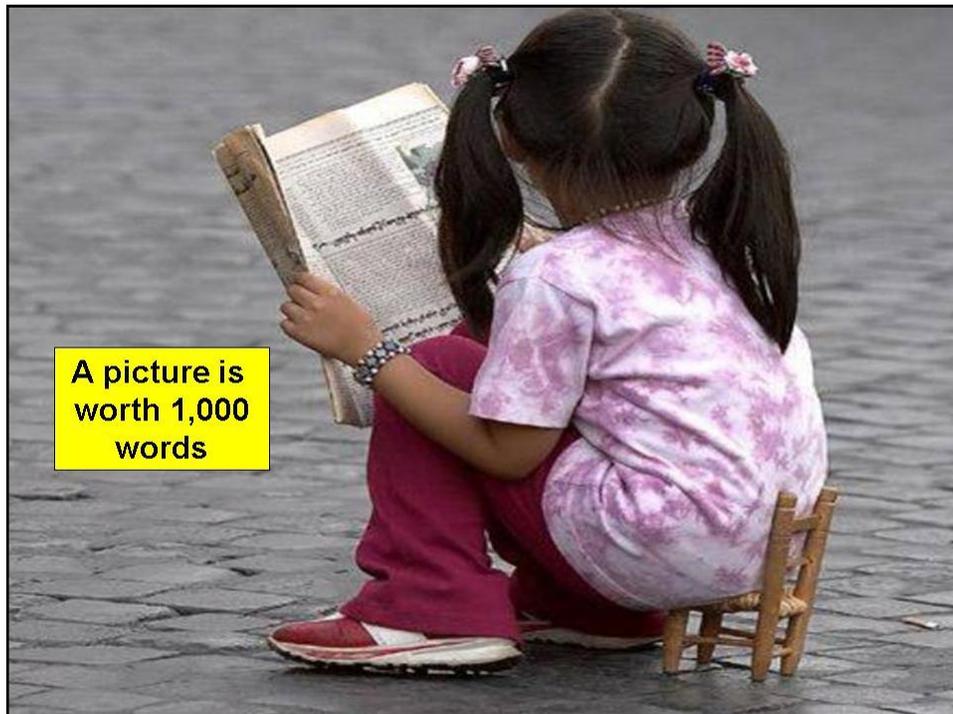


Data

Data can be also be

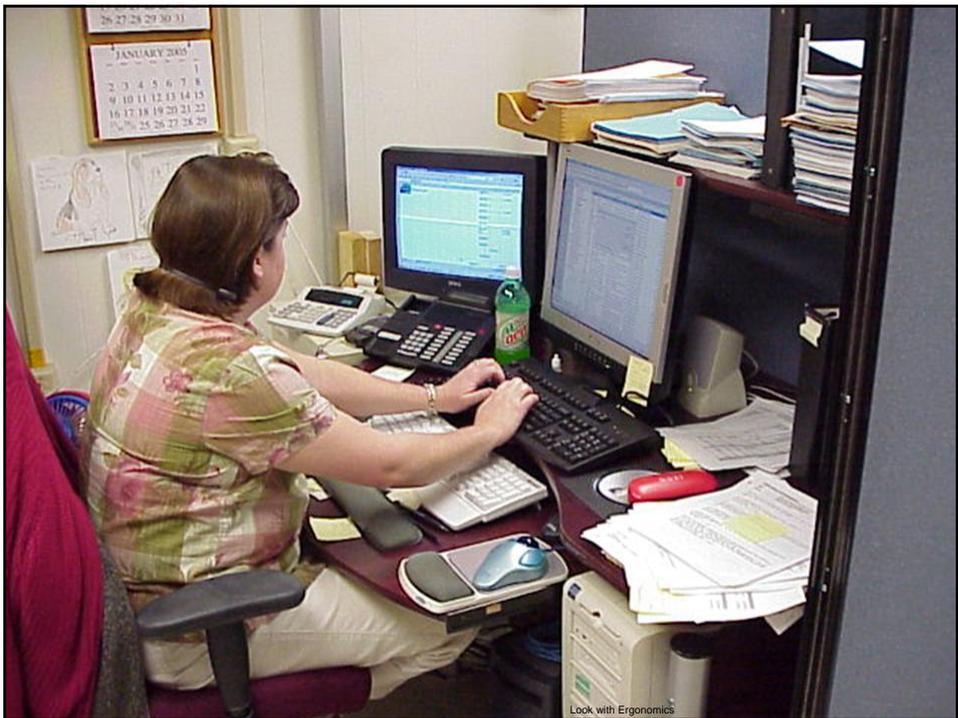
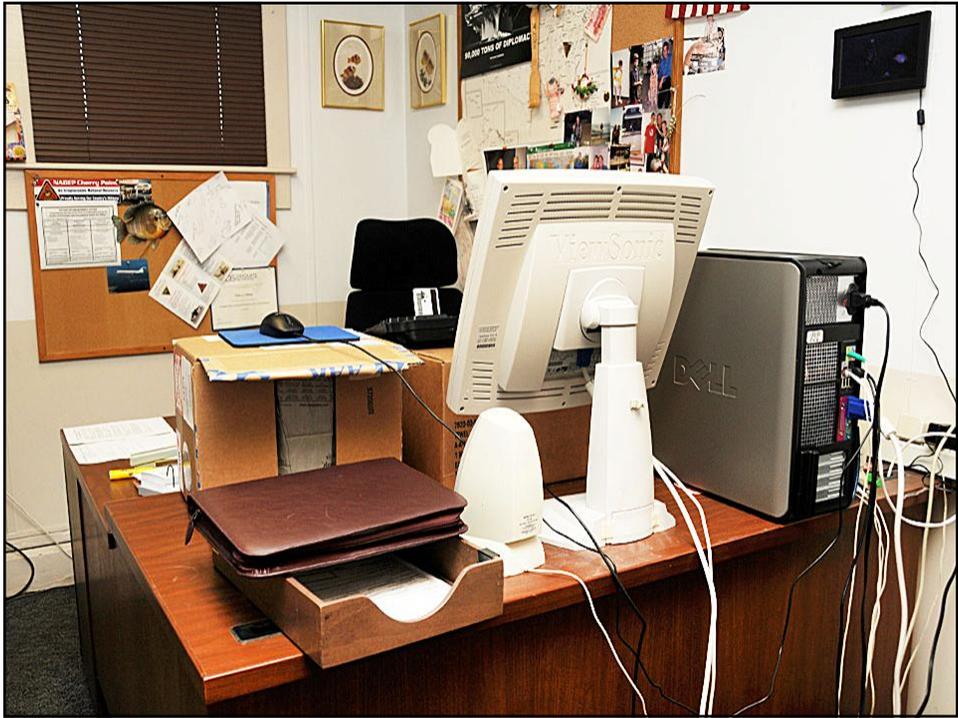
Pictures

Scenario: A small lady that is sitting in a chair with poor back support.
Do you have that picture in your mind? Lets see if your picture matches reality!

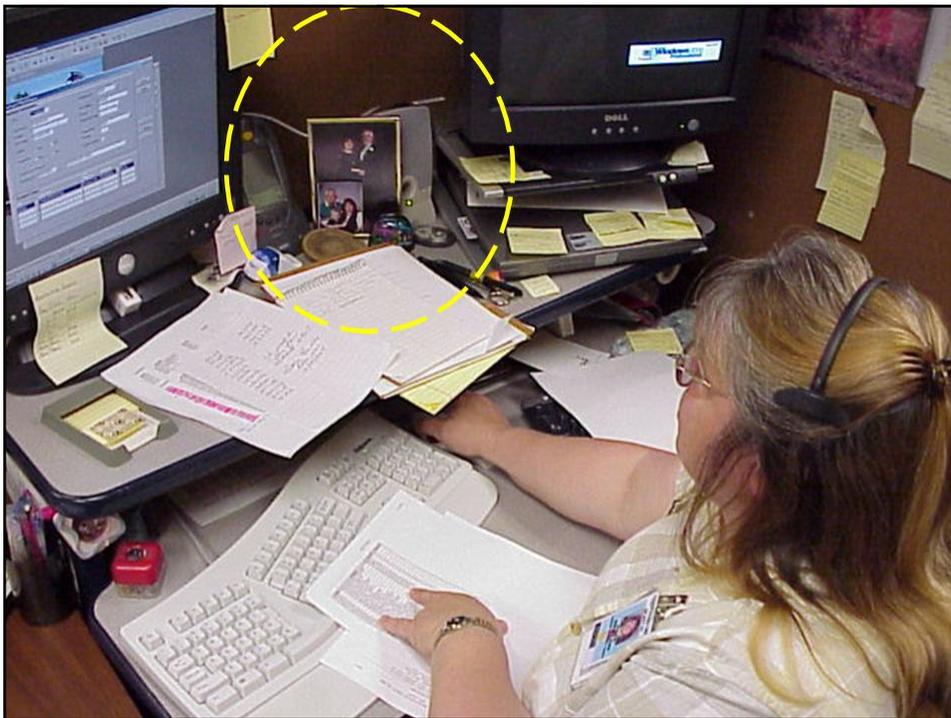


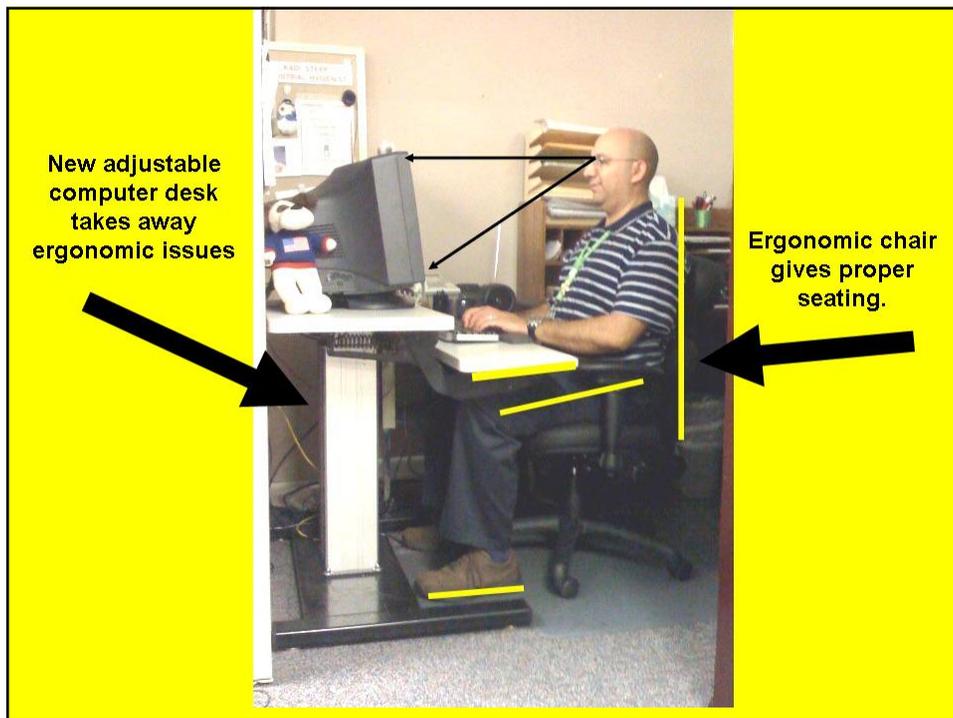
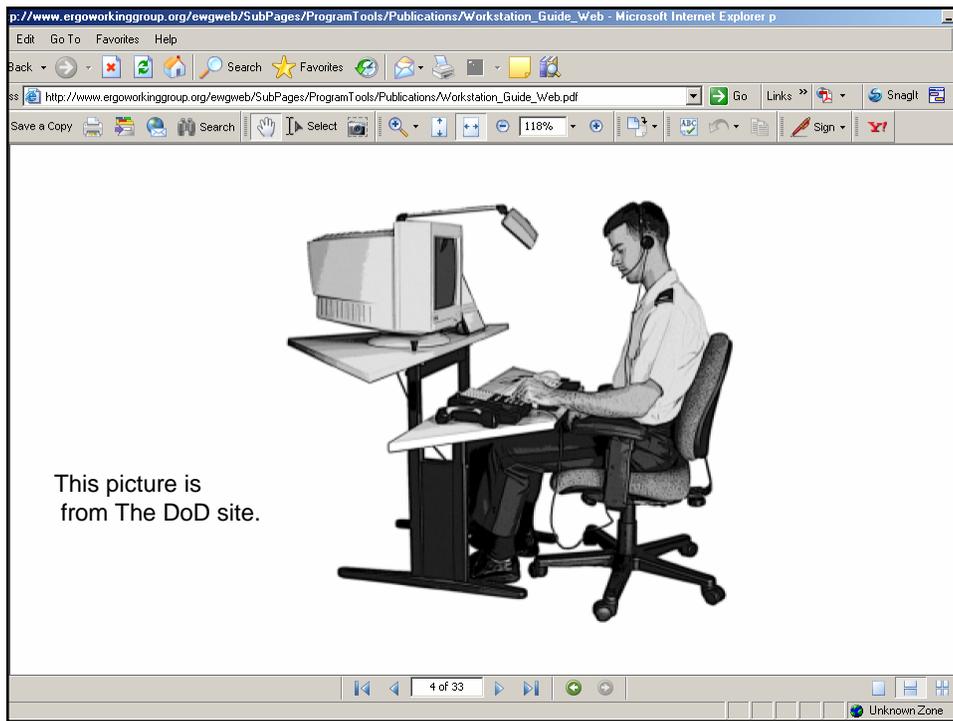
**A picture is
worth 1,000
words**

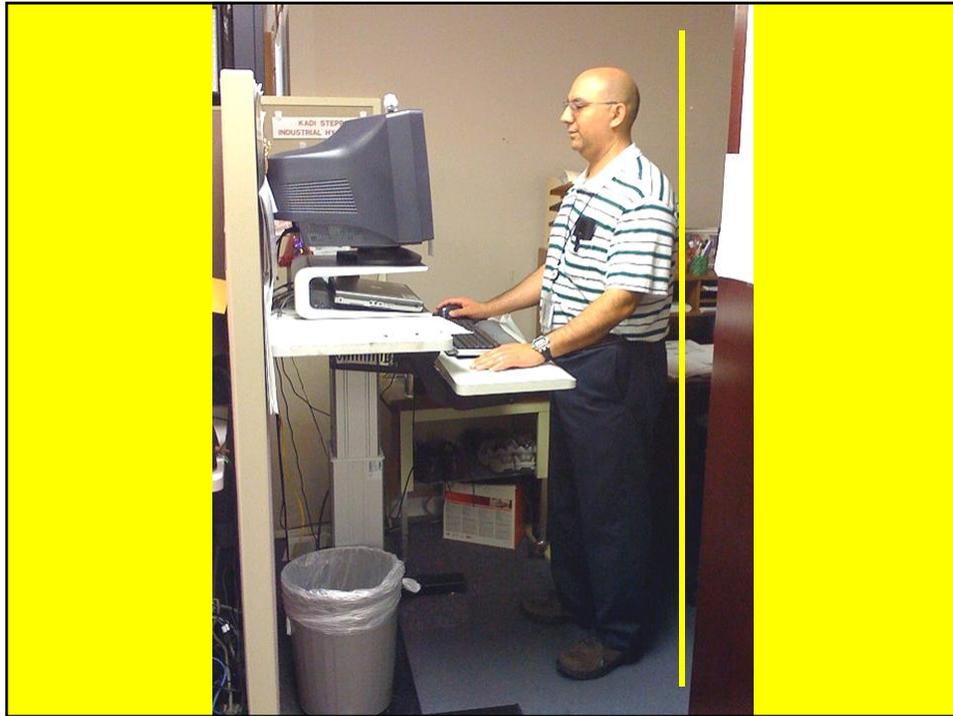




X = Ergonomic issue







**When one has to be
on the run, an
adjustable
workstation allows
for faster and easier
computer access.**









80 lb Generator

Room for only one person to install the generator in the H-46.

X= Ergonomic issues



With a use of a lift even a man walking with the use of a cane can do it.

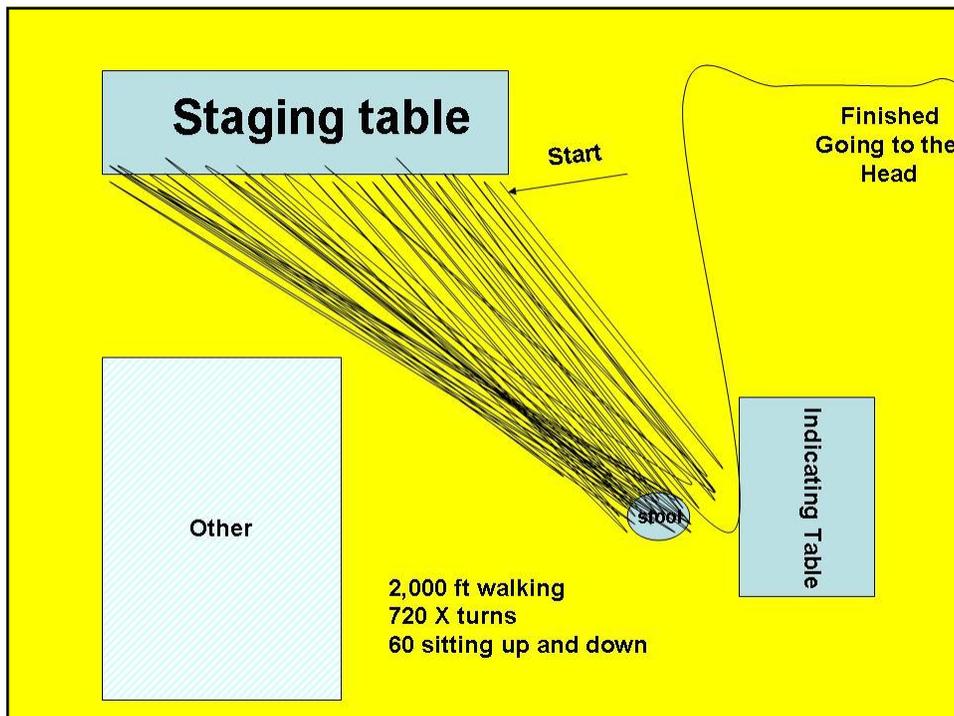


**Ergonomic issues
Posture, Compression,
Duration**





Laying out two rows of blades is not only back breaking but can be damaging if the parts hit one another.

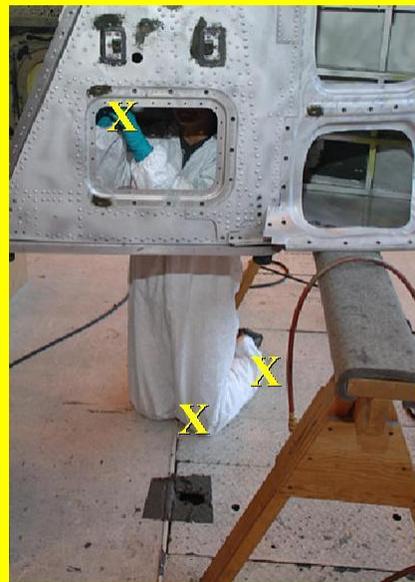
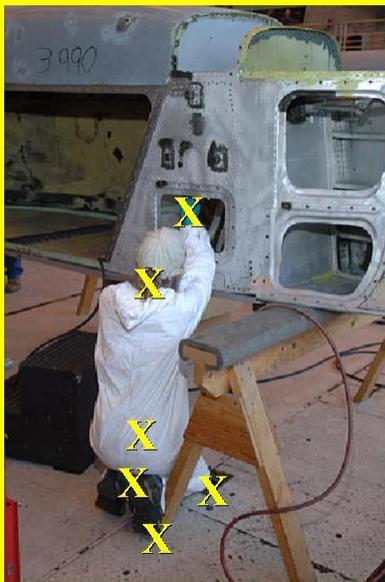






0 ft. Walking
 0 Turn round's
 1 Sitting up and down

— Zero Ergonomic issues and
 — Greater Productivity



Ergonomic issues = Posture, Repetition, Compression, Duration



From Design



to Reality



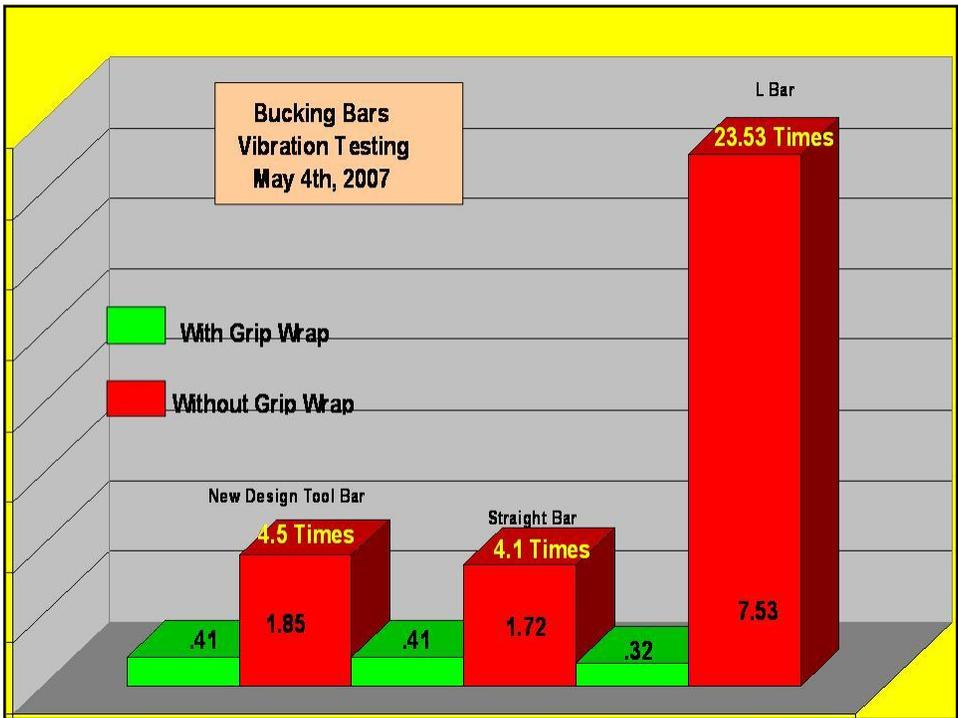
The adjustment takes away the Posture and Compression. At the same time reduces Repetition and Duration

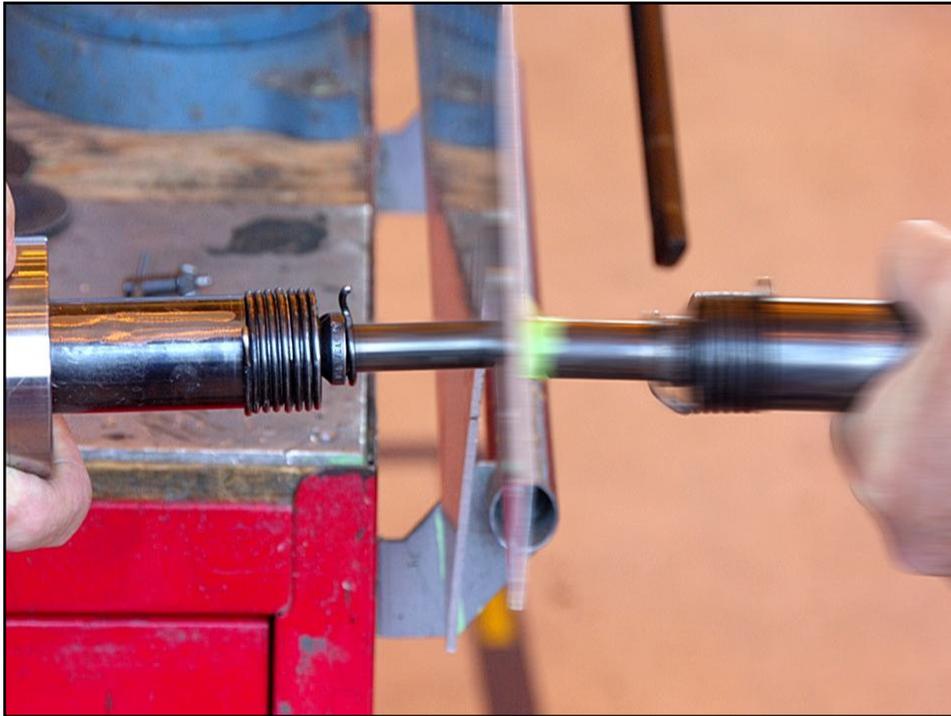


Makes for a much happier and productive day at work.









**Ergonomic issues
Posture, Repetition,
Compression and Duration.**

A photograph of a worker in a green shirt and blue cap working on a large, curved object on a workbench. The worker is leaning forward, and several yellow 'X' marks are placed on the worker's back, neck, and shoulder to indicate areas of ergonomic concern. A yellow arrow points to the floor, with the text "Airlines on the floor" below it. The background shows a workshop environment.

**Airlines on
the floor**





Reality



From this

To this

In 3 seconds

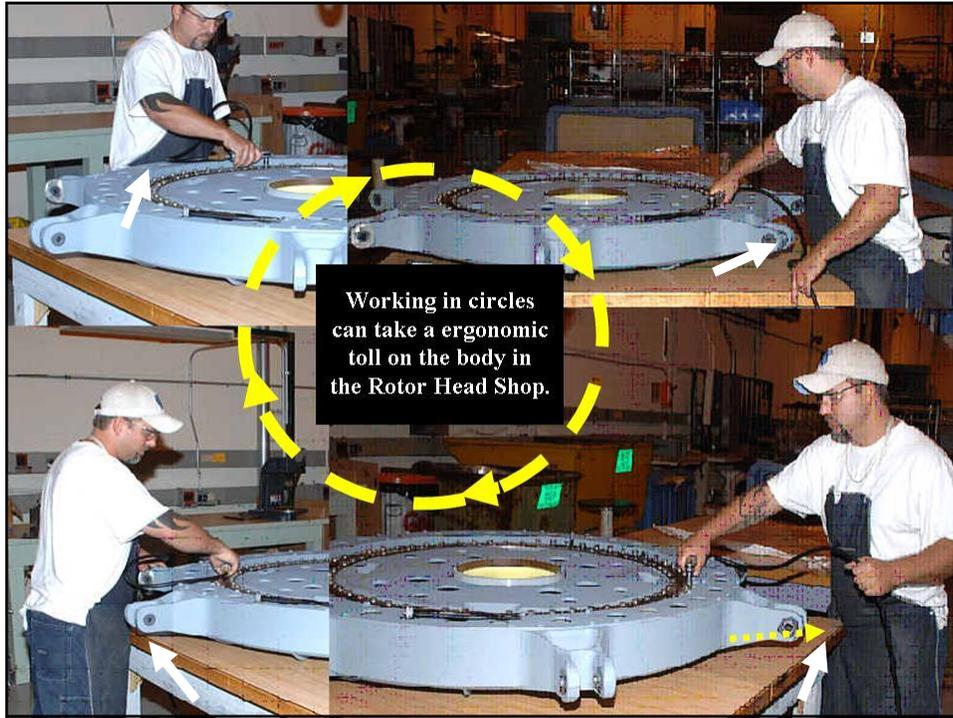




Mobile handling scissor lift table with battery lift operation that enables the operator to place the load at a convenient working height.



**Mobile handling scissor lift table with battery lift operation that enables the operator to place the load at a convenient working height. When completed the generator can be lifted into the paint booth using the scissor lift.
(Note: ergonomic stool)**



The new design in action, also note the new ergonomic stool.



Stand



Sit

FIX

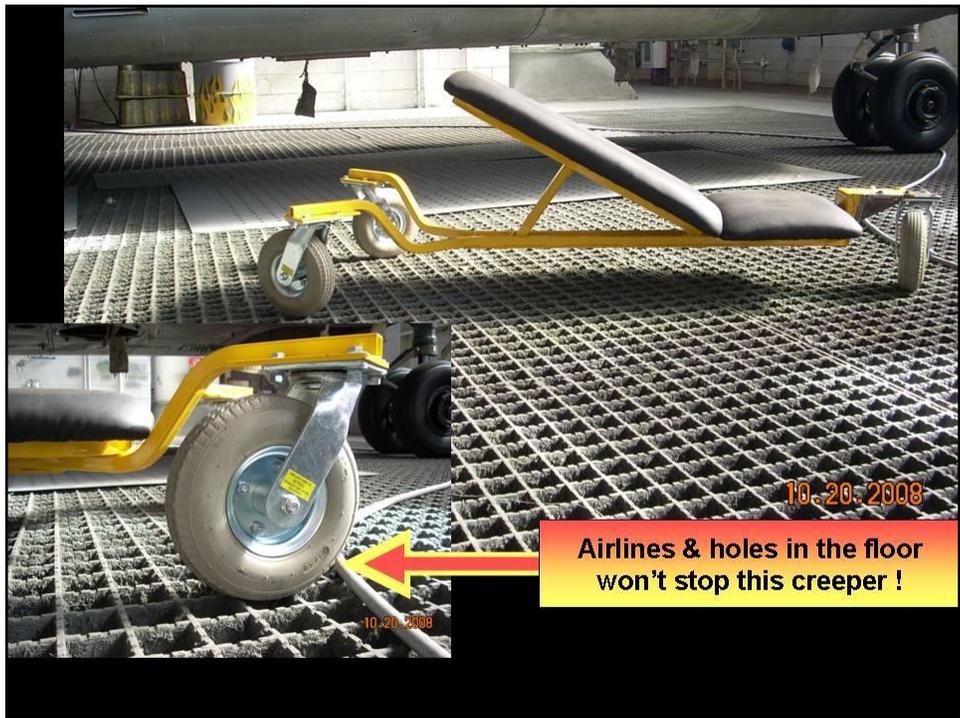
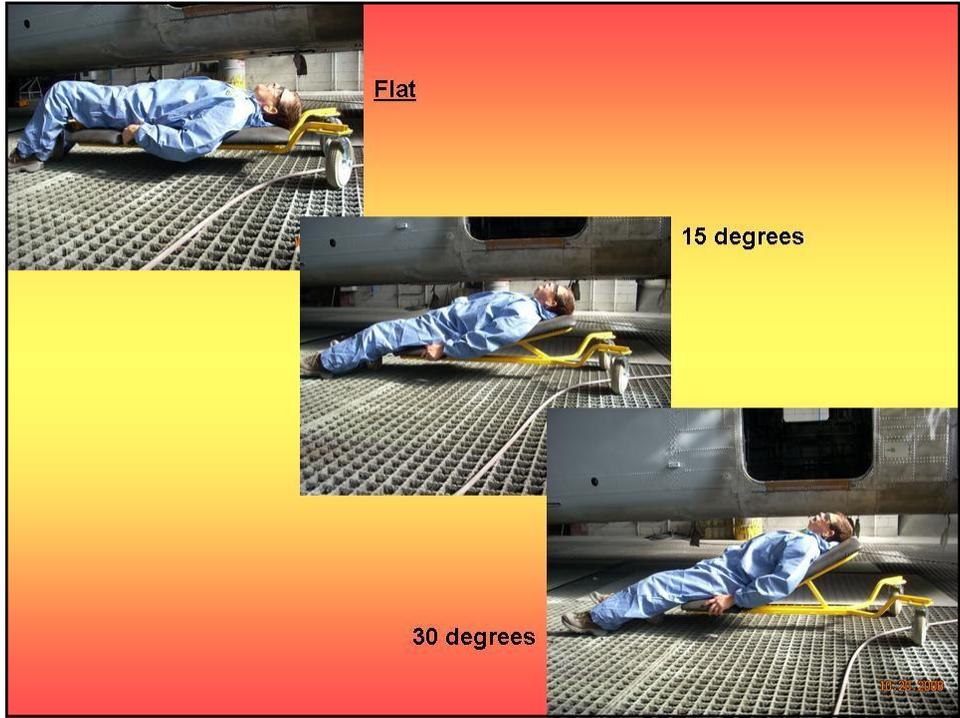


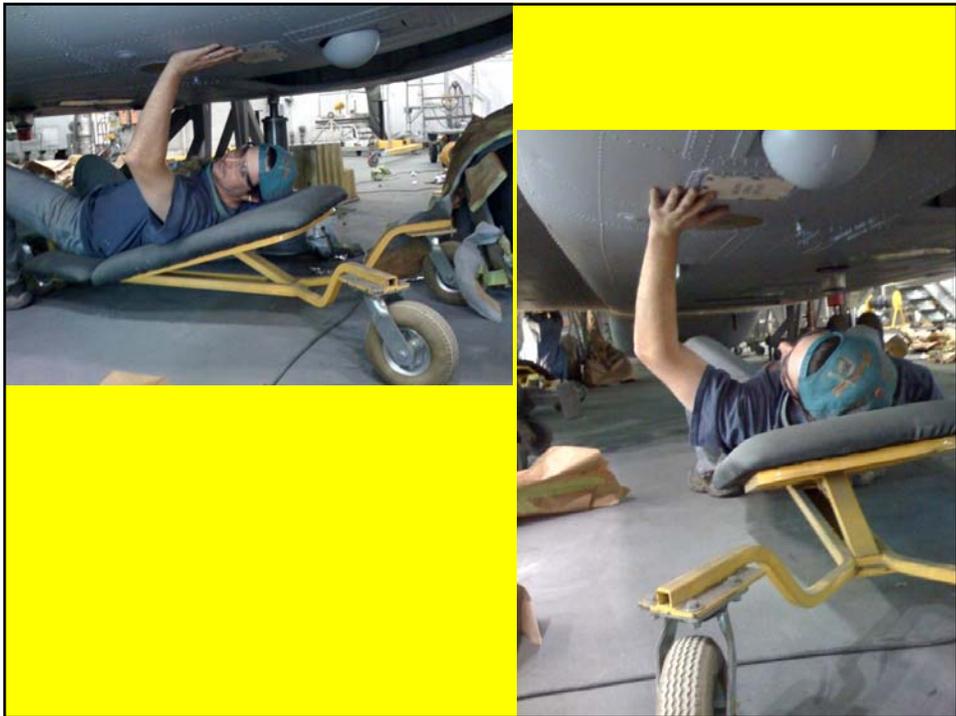


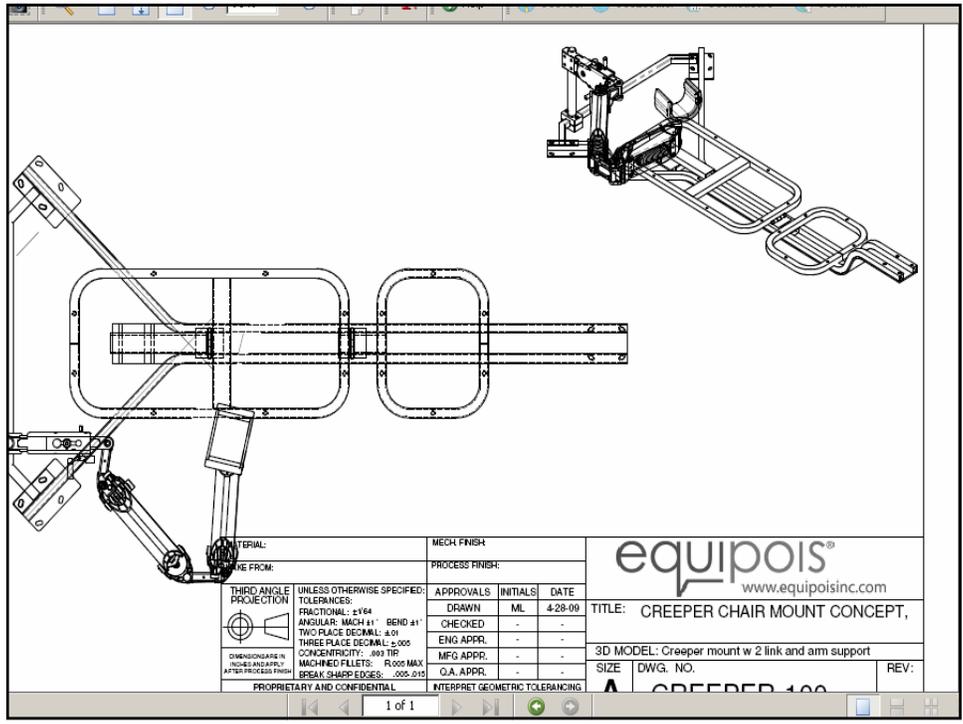
Newly Designed 3-Wheel Creepers

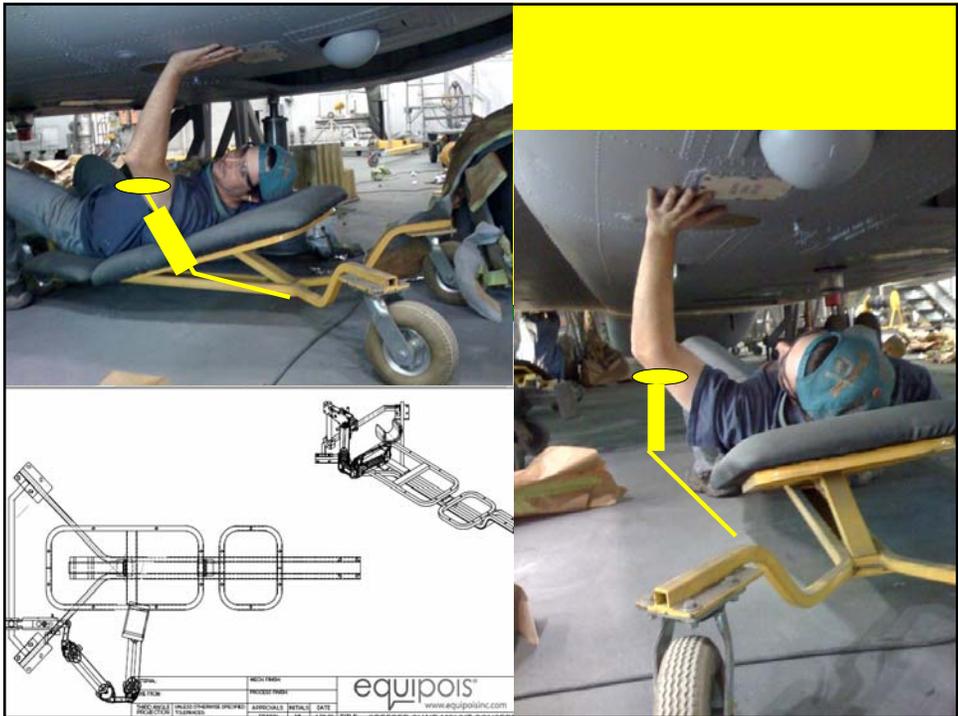
“Great” addition to FRC-East

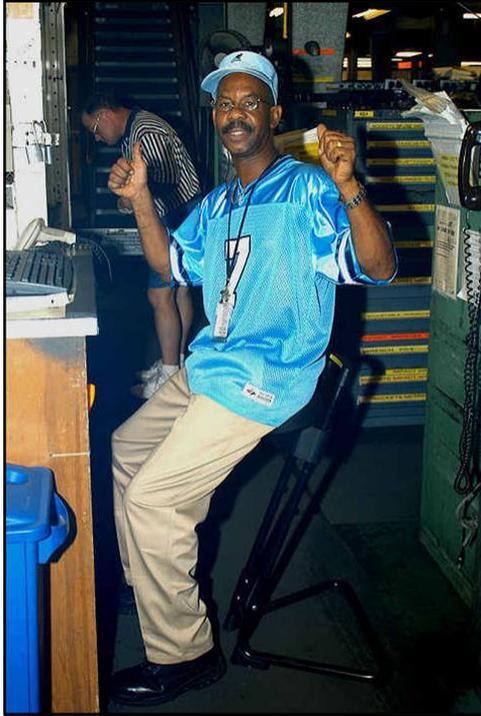
By: Richard Boricky FRC-East Ergonomist 2008







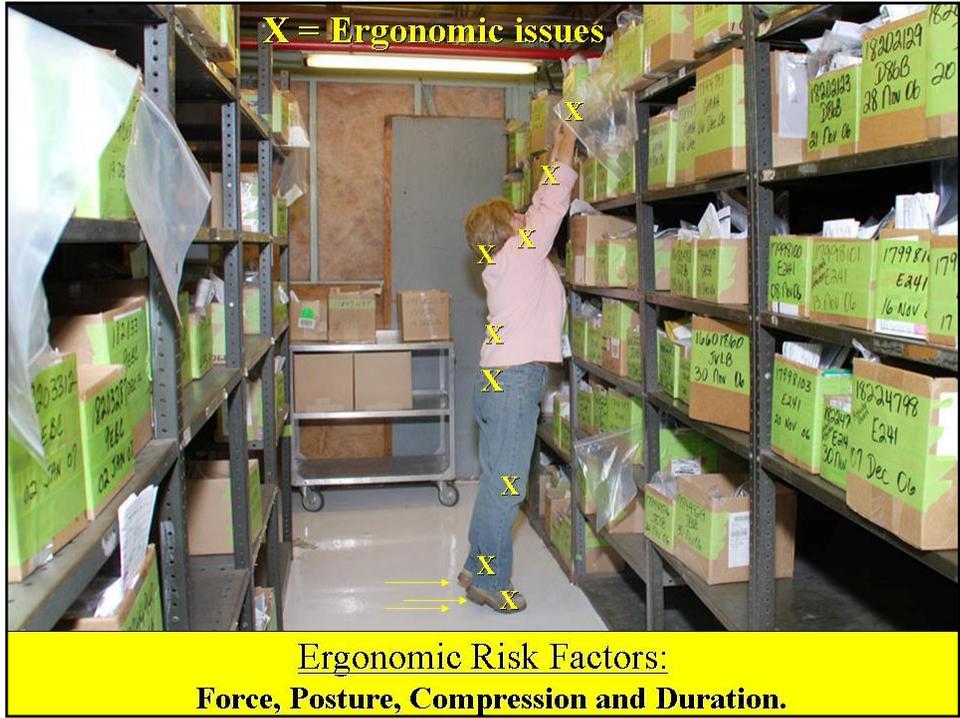




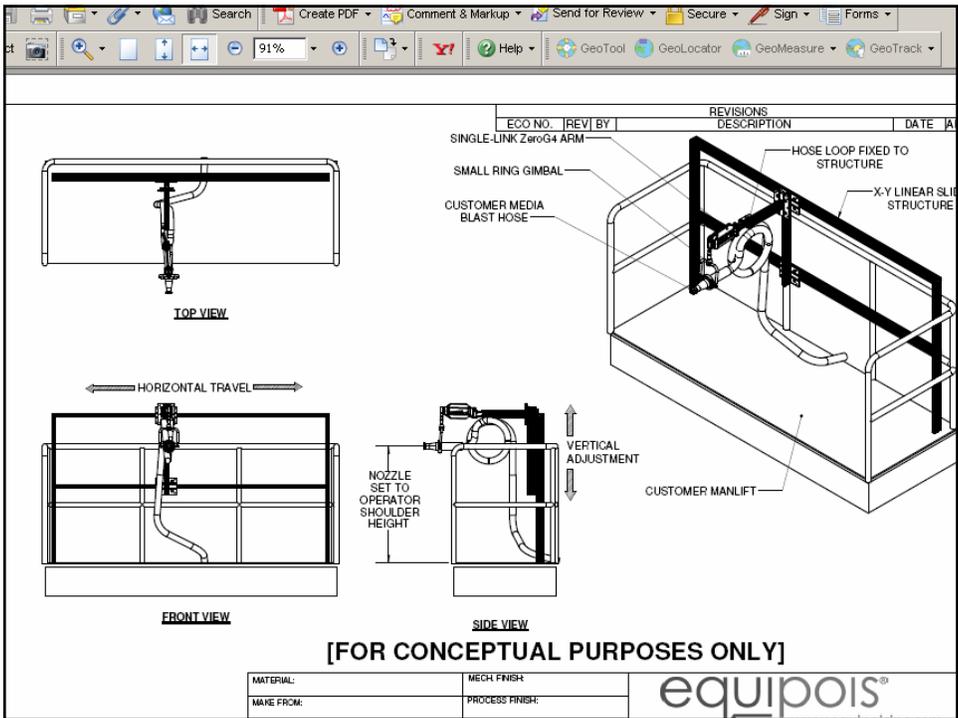
We have 42 sit/stand stools throughout FRC East.



Know how to use your resources!

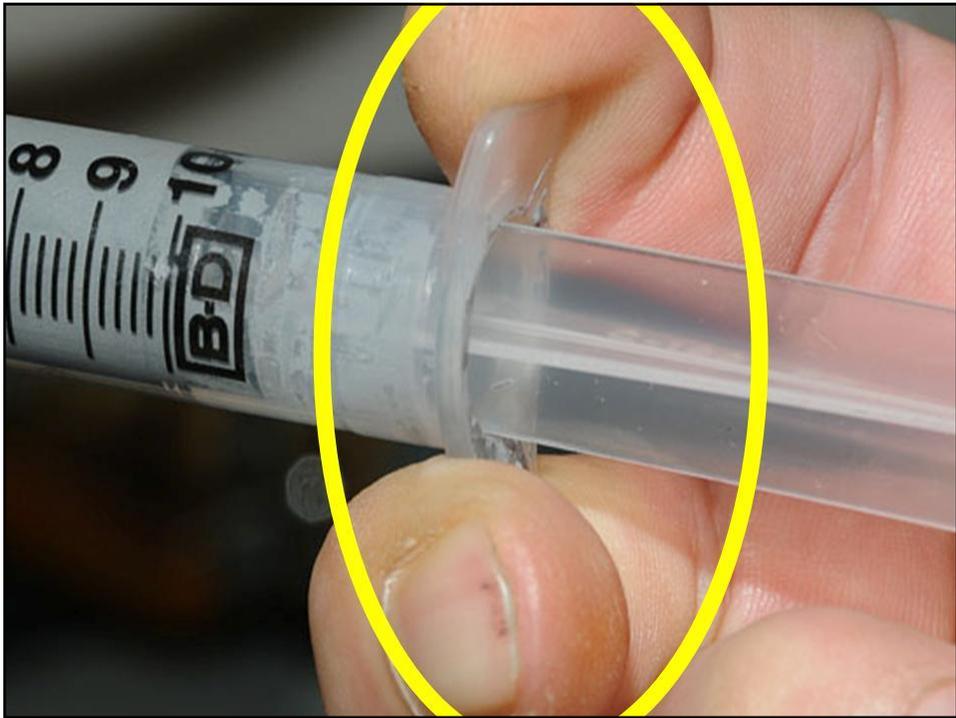


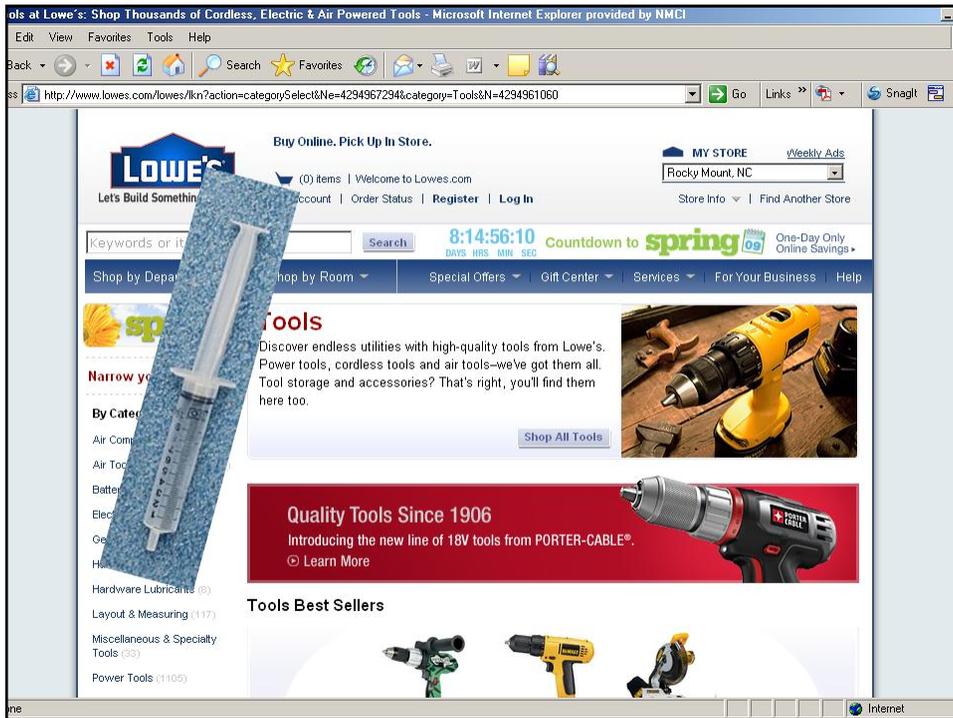
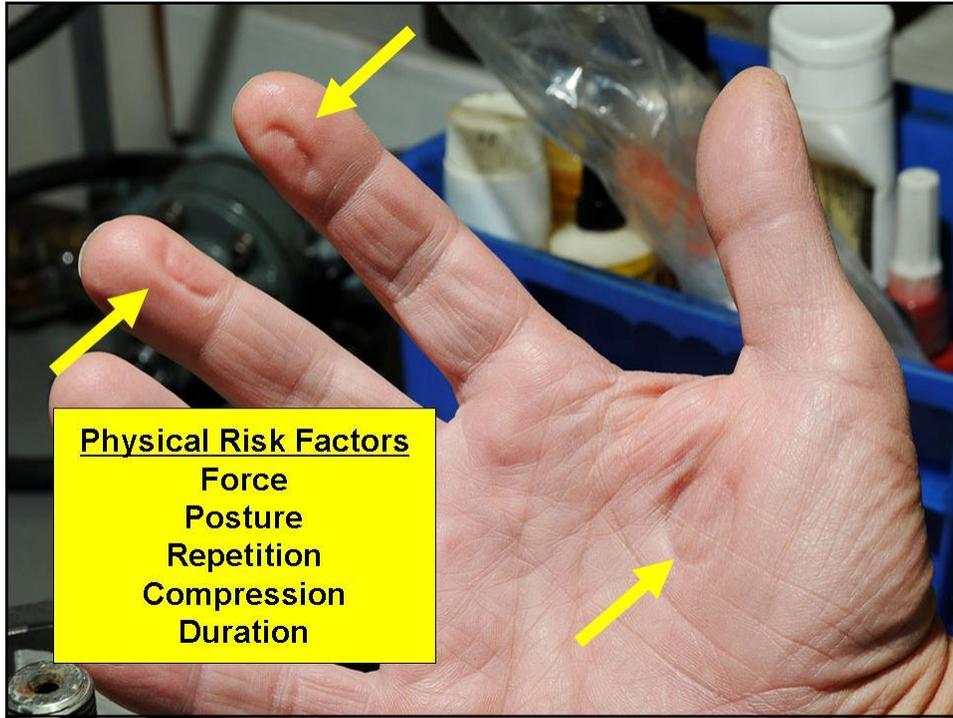


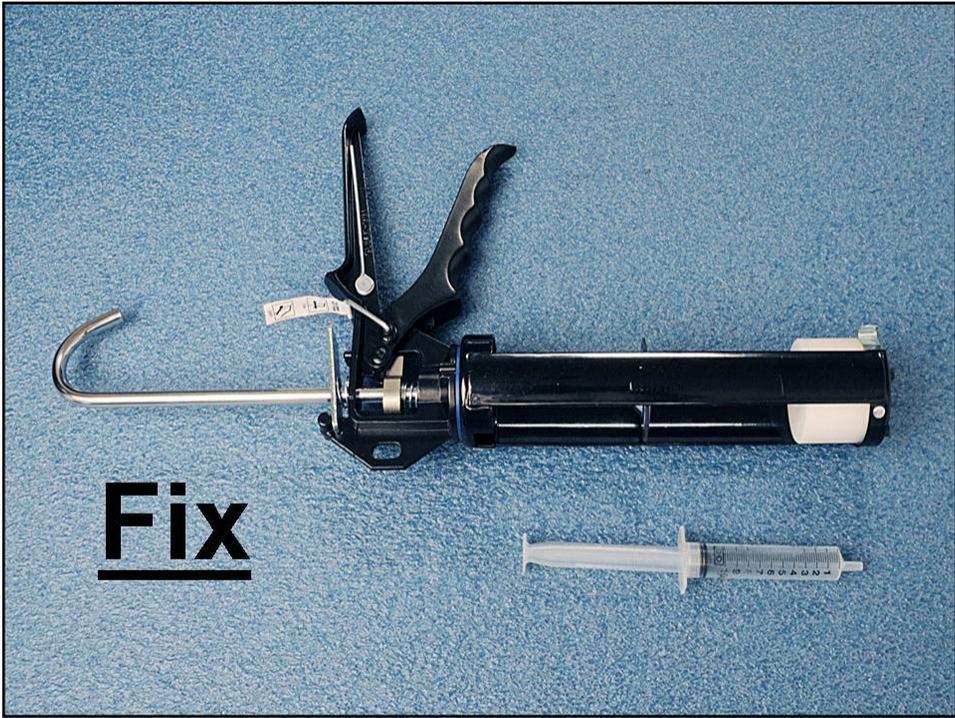




Applying potting compound (sealant)

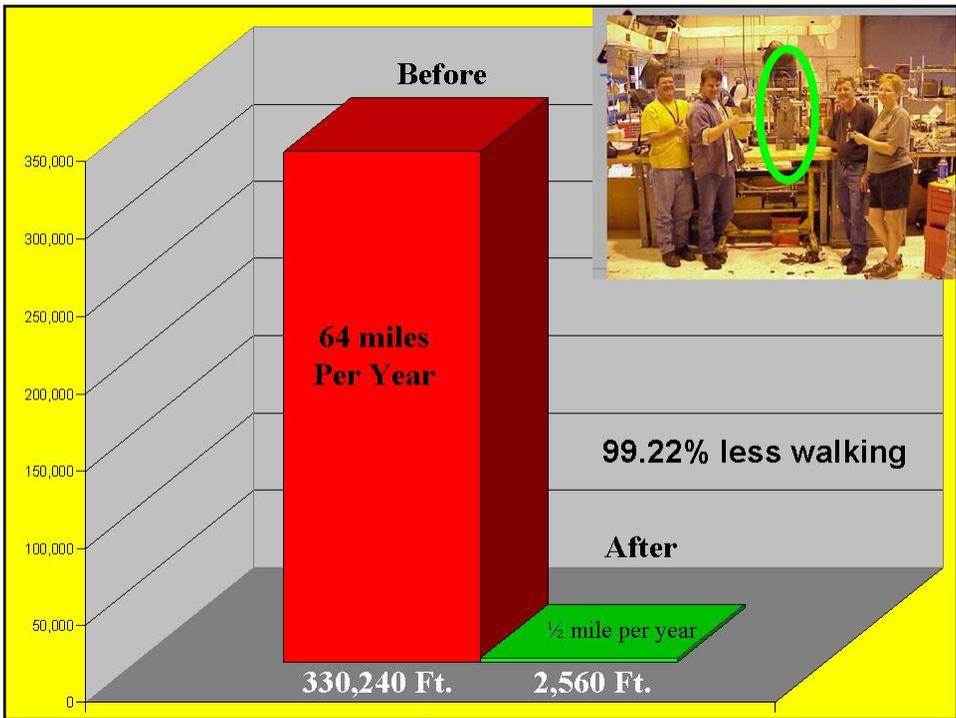
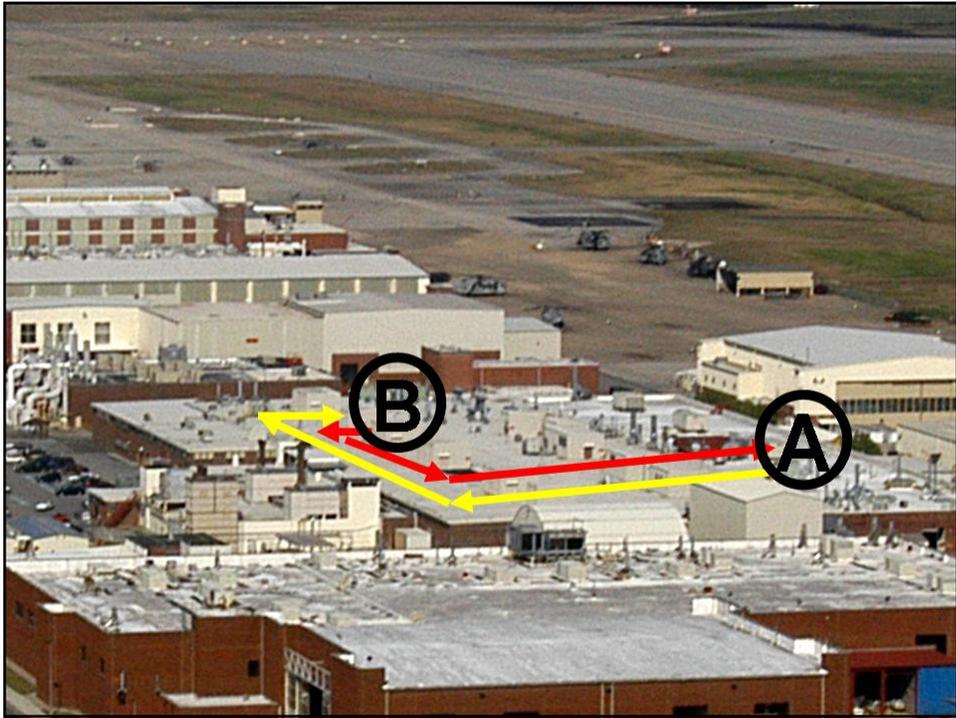












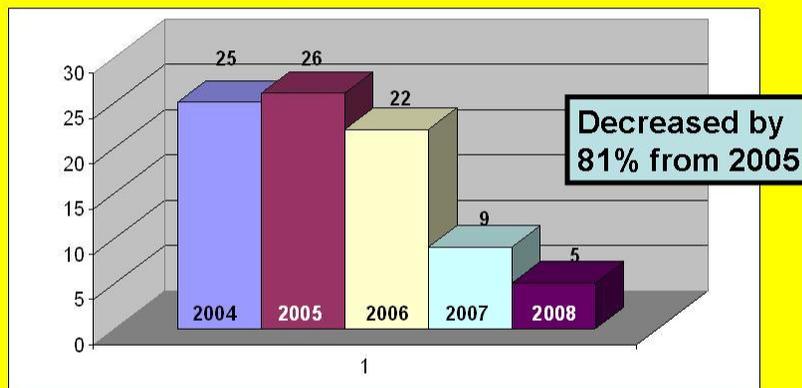


And now for the real

Data

Carpal Tunnel Syndrome Cases at FRC-East over 5 years

2004	2005	2006	2007	2008
25	26	22	9	5

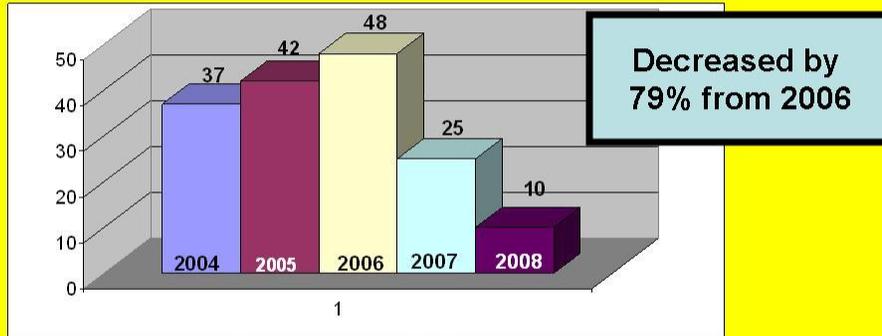


Above information is as of 12/5/2008

By Richard Borcicky Ergonomic/Engineer FRC-East, Cherry Point

Back Pain / Hurt Back Cases at FRC-East over 5 years

2004	2005	2006	2007	2008
37	42	48	25	10



Above information is as of 12/5/2008

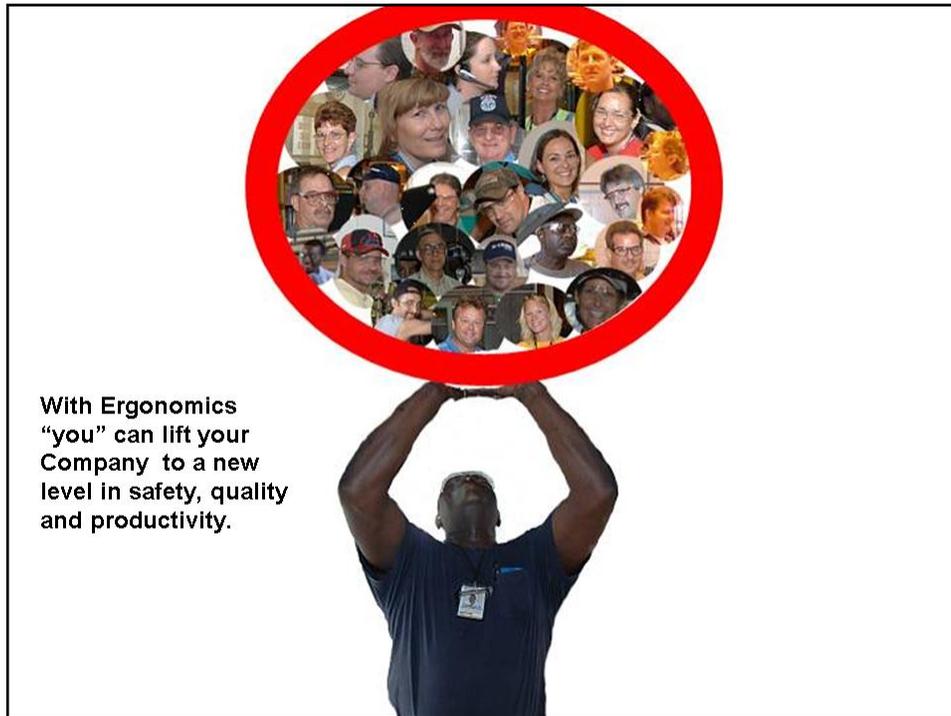
By Richard Borcicky Ergonomic/Engineer FRC-East, Cherry Point



We receive the thumbs up because:

- 👍 Ergonomic study of the area.
- 👍 Ergo Equipment purchase is based on team decisions.
- 👍 Ergo decision was signed off by the employees and management.





PUBLICATIONS

The DoD Publications called: "The DoD Ergonomic Working Group News"

- Issue 63 "Ergonomic Interventions at FRC-East"
- Issue 78 "Applied Ergonomics Conference & Expo"
- Issue 90 "The Right Tool Can Make the Difference"

The Navy Publication called: "The Navy Success Stories"

- "Fleet Readiness Center (FRC) East Uses Lazy Susan Design to Prevent Work Related Musculoskeletal Disorders"

Six Videos to view of: Improvements here at FRC-East

- 1.) Cart Caddy**
- 2.) Creepers**
- 3.) Movers**
- 4.) Sawhorse**
- 5.) Clean Shop Hose Reel vs. Drums**
- 6.) Hazardous Waste**









I'm sad, because its time for me to go.

Feel free to contact me for any other information:

Richard Borcicky
Cherry Point Ergonomist
1 252 464 5165
Email: Richard.Borcicky@Navy.mil