

# DoD Ergonomics Working Group NEWS



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## *Shop Ergonomics: Two Successful Interventions*

Workers at Fleet Readiness Center (FRC)-East in Cherry Point, North Carolina, met to address some ergonomics issues within their shop. They watched ergonomics videos, discussed their concerns, and identified two problem areas.

The hazardous waste workers move 55-gallon drums throughout the facility, each empty drum weighing 45 lbs. The workers had been lifting these empty drums onto trailers and electric carts, causing neck, shoulder, arm, upper and lower back, hip, and leg injuries. After their brainstorming session, they devised a way to eliminate the lifting by using low-profile trailers to roll the drums into the trailer.

The workers also researched a solution to the work-related musculoskeletal disorders caused by their dump drainer. Their old drum dumper was chain operated, causing stress to the neck, shoulders, and arms. Workers dump blast waste into a roll-off, and it takes 75 to 150 drums to fill a roll-off. Last year, they dumped approximately 250,000 pounds of blast. An electric drum dumper was the answer to the problem.

These two successful ergonomic interventions were the result of listening to the employees and taking action.



Dump draining using a chain.



Dump draining using an electric drum dumper.



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