

DoD Ergonomics Working Group NEWS



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Spotlight on Fort Bragg: Quick Response to Ergonomics Assessment

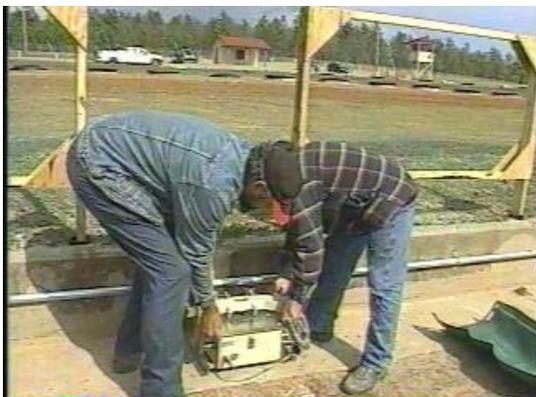


Changing target mechanism.



Removing silhouette.

Kudos to Ms. Kathleen Crawford, Director of the Safety Division, Public Safety Business Center, XVIII Airborne Corps, Fort Bragg, North Carolina, who requested an ergonomic assessment of the range maintenance operations and immediately implemented many of the recommendations. Her foresight and timely request of this ergonomic assessment—and the efforts of Mr. Bill Edwards, installation range officer, and Mr. Robert McLean, first-line supervisor—support the Secretary of Defense guidance to reduce work-related injuries by 50 percent and the President’s Safety Health and Return to Employment (SHARE) initiative.



Changing target mechanism and lowering target.

On 1-2 April 2004, CPT Colleen Daniels, an ergonomist with the U.S. Army Center for Health Promotion and Preventive Medicine, conducted ergonomic risk assessments at the range and direct support (DS) shop. **The following table highlights the recommendations that were both implemented within just one month of the assessment and planned for implementation shortly thereafter.**

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Fort Bragg Range Operations Assessment—Findings and Solutions

Findings	Low-Cost Solutions	High-Cost Solutions
Workers are required to use awkward postures (bend down at ground level) to perform tasks at the range.	<ul style="list-style-type: none"> • Provide knee pads. Encourage kneeling/squatting and not bending. 	
Workers are required to carry heavy items (target mechanisms) over long distances on the range.	<ul style="list-style-type: none"> • Provide a dolly or other type of lift assist equipment that has handles for gripping. • Assign two people to perform target lifting tasks. 	
Workers are required to use awkward postures (bend down at pallet level or ground level) to load/unload and retrieve target mechanisms at DS shop.	<ul style="list-style-type: none"> • Redesign the process to include implementing a “no drop off at ground level” policy. • Assign drop off areas in the shop to reduce the number of times targets are transferred and/or lifted. 	Provide lift tables that can be lowered or raised to reduce awkward postures.
Workers are required to perform excessive lifting of heavy items (target mechanisms) at DS shop.	<ul style="list-style-type: none"> • Redesign the process to include implementing a “no drop off at ground level” policy. • Assign drop off areas in the shop to reduce the number of times targets are transferred and/or lifted. 	<ul style="list-style-type: none"> • Provide a portable lift table/ height-adjustable carts. • Provide mechanical equipment to lift and transfer target mechanisms to and from pallets.
Workers are required to use and maintain awkward postures to retrieve parts and target mechanisms off shelves in storage area.	<ul style="list-style-type: none"> • Store heavier items (target mechanisms) at a level 30-36 inches high to reduce awkward postures. • Provide safety ladders. 	Provide storage cabinets to store frequently used repair parts.