

DoD Ergonomics Working Group NEWS



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A Special Offer in Celebration of National Ergonomics Month



New Electronic Poster: *Deliver with Care* *Ergonomic Advice for Pregnancy*

You talked and we listened!

In response to the overwhelming interest we received with the May 2007 publication of our newsletter on "Ergonomic Protection for Expectant Mothers," the U.S. Army Center for Health Promotion and Preventive Medicine (USACHPPM) has developed this companion poster.

The poster focuses on the three concepts that can help reduce musculoskeletal injury risk for expectant mothers:

- Maintain neutral postures.
- Perform less physically demanding activities.
- Engage in lower impact activities (avoid high-impact activity).

Deliver with Care
Ergonomic Advice for Pregnancy

POSTURE
Keep hip motions close to neutral.

- ✓ When walking, take small strides instead of long ones.
- ✓ Perform shallow squats instead of deep ones.
- ✓ Avoid straddles or separating feet beyond the width of your shoulders.

EXERTION
Perform less physically demanding activities.

- ✓ Work at a comfortable rate and rest as needed.
- ✓ Hold loads close to your body.
- ✓ Keep frequently used objects close at hand.
- ✓ Use lifting aids whenever possible.

IMPACT
Engage in lower impact activities.

- ✓ Cushion impacts with shock absorbing solutions—shoes and anti-fatigue mats.
- ✓ Travel on smooth roads instead of bumpy ones.
- ✓ Step down from platforms instead of jumping.

USACHPPM
U.S. Army Center for Health Promotion and Preventive Medicine
Ergonomics Program: <http://ergonomics.dhs.army.mil> or <http://www.ergoworkinggroup.org>
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The poster features a central image of a pregnant woman in military uniform holding her baby. To the right, there are three diagrams illustrating ergonomic advice: 1. Posture: A diagram of a pregnant woman standing with a green arrow indicating the range of motion for the hips, labeled "SAFE RANGE OF MOTION". 2. Exertion: A diagram of a pregnant woman sitting on a box, illustrating the concept of holding loads close to the body. 3. Impact: A diagram of a pregnant woman stepping down from a platform, illustrating the concept of avoiding high-impact activities.

To download a copy and print this full-color poster, go to ergoworkinggroup.org and click on Publications, Ergo Posters. A high-quality pdf is available.