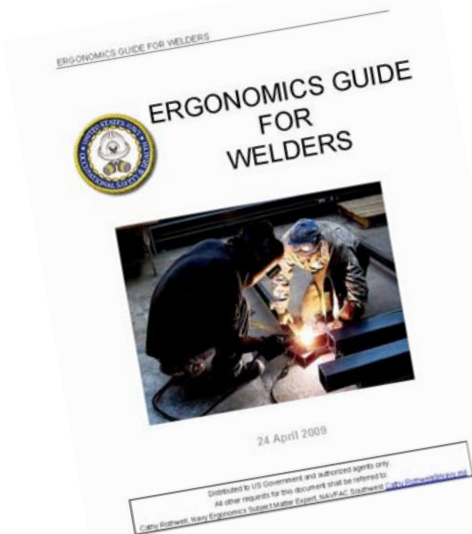


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Ergonomics Guide for Welders

- The Navy floats on quality welds -

The Navy Ergonomics Task Action Team has developed a guidance document, “Ergonomics Guide for Welders,” to reduce the risk of workplace welding injuries and it is **FREE for downloading!**

Welding work contributes to a large percentage of injuries reported to the Naval Safety Center. Many of these injuries involve the musculoskeletal system and include strains or sprains to the lower back, shoulders, and upper limbs. These injuries can result in pain, disability, medical treatment, financial stress, and a change in the quality of life for those affected with them. Additionally, the cost of one of these injuries decreases funds available for improving the overall workplace and, ultimately, decreases mission readiness.

The “Ergonomics Guide for Welders” provides a brief background on ergonomics and offers suggestions for improving the workplace to reduce the risk of work-related musculoskeletal injuries.

This 37-page document is filled with valuable information and features over 50 photographs and figures. To download the guide:

1. Select the Ergonomics page at www.NAVFAC.Navy.Mil/Safety
2. Click on the Policy and Guidance tab.
3. Click on the “Ergonomics Guide for Welders.”