

DoD Ergonomics Working Group NEWS



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Hydraulic Work Stand: Just the Right Height

The Support Equipment Engineering Department at Fleet Readiness Center (FRC)-East in Cherry Point, North Carolina, was tasked to redesign and manufacture an AV-8 nose landing gear assembly/disassembly work stand to prevent non-neutral positions and reduce work-related musculoskeletal disorders.

The existing work stands in the shop were set at a specific height that was too low for taller artisans, and were identified as potential causes of back injury by the FRC-East ergonomist.



(X) is an ergonomic issue when working at the station.

Sitting down on the job is not always what you may think it is.



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The problem was investigated and, with input from local artisans, an improved stand was designed with an integrated hydraulic ram to lift the stand and its work piece.

The redesign improves the artisan's body posture to help meet the job demands with minimum stress on the muscles, ligaments, bones, and joints.



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