



# Ergonomics

Real People      Real Problems      Real Solutions

## *Easy Ergonomics – The Quick Fix*

Often the problems that result in musculoskeletal disorders (MSDs) can be fixed easily and quickly—and at very little expense. For that reason, OSHA’s ergonomics program proposal includes a “Quick Fix” option. The proposal calls for job-based rather than facility-wide ergonomics programs. Therefore, if an employer can fix the one job that has resulted in an injury promptly and effectively, there is no need to take any further action. Quick Fix is for problem jobs that can be fixed in 90 days and double-checked to see that the fix works in the following 30 days. Thus, the whole process must take no longer than 120 days.

### **Quick Fix Requirements**

- Promptly provide MSD management to employees with covered MSDs.
- Observe, consult with and seek recommendations from employees in the job to identify risk factors and recommendations for eliminating the MSD hazard.
- Put controls in place within 90 days; check within 30 days to verify that the controls work.
- Keep a record of Quick Fix controls.
- Provide the required hazard information to any employee in the job within 90 days.
- Institute a full ergonomics program if Quick Fix doesn’t work or another MSD occurs in that job within 36 months.

### **Easy Possible Interventions Suitable for Quick Fix**

- Adjusting the height for working surfaces.
- Providing the right tool for the job.
- Adding a platform.
- Providing mechanical lifting equipment.
- Providing ergonomic chairs or stools.
- Repositioning tools or equipment.
- Padding hand tools and work surfaces.
- Providing footrests.
- Changing the size of grips or knobs.

