



Actions and postures

Of particular concern are:

- Awkward postures
- Sustained postures
- Repetitive movements

A combination of two or more postures makes a task even more hazardous, e.g. a task done in a bent and twisted posture for more than two hours a day.

✘ Awkward postures

Any part of the body is held in a poor position or in a position that is uncomfortable, e.g. squatting, working with arms overhead, or in a bent and twisted back position.



✘ Sustained postures

A part or all of the body is held for long periods of time (more than 30 seconds at a time) causing muscle fatigue, discomfort or strain, e.g. holding an object whilst screwing it in overhead.



✘ Repetitive movements

Using the same body parts to do similar movements over a period of time (more than twice per minute), e.g. using a socket, ratchet, or spanner.

