ILO/IEA Ergonomic Checkpoints
Ergonomics stresses fitting the job to the worker as compared to the more usual practice of obliging the worker to fit the job.

Ergonomics is a field which integrates knowledge derived from the human sciences in particular anatomy, physiology and psychology to match jobs, systems, products and environments to the physical and mental abilities and limitations of workers.
Ergonomic risk factors at the Workplace

Musculoskeletal, nerve and circulatory tissues can be affected by:

Repeated or forceful efforts
Sustained static loading
Anatomically non-neutral posture
Accelerated movements
Externally applied compressive forces and Peak overload
Vibration
Environmental factors
Psychosocial factors

Psychological job demands
Decision latitude
Social support
Injuries and Diseases Caused by Adverse Ergonomic Working Conditions

Visual, muscular and psychological disturbances:
- eye strain
- Headaches
- Fatigue
- musculoskeletal disorders (MSDs) such as chronic back, neck and shoulder pain, Cumulative Trauma Disorders (CTDs), Repetitive Strain Injuries (RSIs) and Repetitive Motion Injuries (RMIs)
- psychological tension, anxiety and depression
Musculoskeletal complaints are a major cause of absence because of sickness in particular in developed countries.
Costs by disease

- Tumors: 40%
- Central Nervous System: 16%
- Respiratory Diseases: 7%
- Accidents: 3%
- Mental Disorders: 3%
- Heart Diseases: 9%
- Musculoskeletal Diseases: 14%
- Skin Diseases: 8%
Prevention of MSDs

Application of the principles of ergonomics in the design of equipment, workstations, products and working methods according to human capabilities and limitations

Training of workers

Improving health surveillance and management systems

General workforce empowerment

Top management’s active leadership and delegation of decision-making authority regarding occupational safety
Key ILO OSH Instruments

- ILO Maximum Weight Convention, 1967 (No. 127) & Recommendation (No. 128)
- C. 155 & R. 164 on Occupational Safety and Health, 1981
- Protocol of 2002 to the Occupational Safety and Health Convention, 1981
- C. 161 & R. 171 on Occupational Health Services, 1985
- C. 81 & R. 81 on Labour Inspection, 1947
- C. 129 & R. 133 on Labour Inspection (Agriculture), 1969
- R. 194 on List of Occupational Diseases, 2002
- C. 187 & R. 197 on Promotional Framework for
Convention No. 127 and Recommendation No. 128 which specify the international requirements concerning the manual transport of a load which by reason of its weight is likely to jeopardise a worker’s health or safety and the necessary measures needed to protect the workers including women and young workers who are engaged in manual transport of loads other than light loads.
Recommendation No. 194
Recommendation concerning the List of Occupational Diseases and the Recording and Notification of Occupational Accidents and Diseases.
2.3. **Musculoskeletal disorders**

2.3.1. Radial styloid tenosynovitis due to repetitive movements, forceful exertions and extreme postures of the wrist

2.3.2. Chronic tenosynovitis of hand and wrist due to repetitive movements, forceful exertions and extreme postures of the wrist

2.3.3. Olecranon bursitis due to prolonged pressure of the elbow region

2.3.4. Prepatellar bursitis due to prolonged stay in kneeling position

2.3.5. Epicondylitis due to repetitive forceful work

2.3.6. Meniscus lesions following extended periods of work in a kneeling or squatting position

2.3.7. Carpal tunnel syndrome due to extended periods of repetitive forceful work, work involving vibration, extreme postures of the wrist, or a combination of the three

2.3.8. Other musculoskeletal disorders not mentioned in the preceding items where a direct link is established scientifically, or determined by methods appropriate to national conditions and practice, between exposure to the risk factors arising from work activities and the musculoskeletal disorder(s) contracted by the worker
Global Strategy on Occupational Safety and Health
Adopted at the 91st Session of the International Labour Conference in 2003

The Global Strategy:

- reaffirmed the importance for all countries to apply international labour standards on occupational safety and health
- requested the ILO to give highest priority to the development of new instruments in the areas of ergonomics and biological hazards.
- Preventative Safety and Health Culture
  (http://www.ilo.org/public/english/protection/safework/globstrat_e.pdf)
SafeWork/CIS

- Knowledge base
- Information base
- Database
- Solutions
- Tool for change
- Exchange of experience
- Networking
The practical guides of the checkpoints extends to all the main ergonomic issues which include:

- materials storage and handling,
- hand tools,
- machine safety,
- workstation design,
- lighting, premises,
- control of hazardous substances and agents,
- welfare facilities and work organization.
Translation into more than a dozen languages:

Arabic, Bahasa Indonesia, Bahasa Malaysia, Chinese, Estonian, Farsi, French, Japanese, Korean, Polish, Portuguese, Russian, Spanish, Thai, Turkish, Vietnamese
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In response to the ILO Global Strategy on Occupational Safety and Health and with a view to developing an international instrument on ergonomics, the ILO is collaborating with the IEA in collecting national practices, regulations, standards and laws on ergonomics at the workplace.
Ergonomics Approaches to the Prevention of Work-Related Musculoskeletal Disorders

An Analysis and Critical Review of Existing National, and Regional Standards and Guidelines

Prepared for: The International Labour Organisation (ILO) Geneva, Switzerland

Prepared by: La Trobe University, Melbourne, Australia for the
Ergonomics and occupational safety and health: An ILO perspective

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ABSTRACT

The ILO has a mandate to protect workers against sickness, diseases and injuries due to workplace hazards and risks including ergonomic and work organization risk factors. One of the main functions for the ILO is to develop international standards related to labour and work. ILO standards have exerted considerable influence on the laws and regulations of member States. The ILO standards take the form of international Conventions and Recommendations. ILO Conventions and Recommendations relevant to protection of workers against ergonomic risk factors at the workplace include Convention No. 127 and Recommendation No.128 which specify the international requirements concerning the manual transport of a load. To help member States in applying the ILO standards, the ILO produces practical guides and training manuals on ergonomics at work and collects and analyses national practices and laws on ergonomics at the workplace. The ILO also conducts technical cooperation activities in many countries on ergonomics to support and strengthen the capacities of its tripartite constituents in dealing with workplace ergonomic and work organization risks. The ILO’s technical cooperation activities give priorities on the promotion of voluntary, participatory and action-oriented actions to improve working conditions and work organizations of the small and medium sized enterprises. This paper reviews ILO’s policies and activities on ergonomics in relation to occupational safety and health and prescribes ILO’s
Thank you!