

Picture Analysis for Motion and Posture Moving Boxes

This individual's job is to move boxes from a counter top to a storage area on the floor. In this case, the **cycle** involves moving an entire load or pallet of boxes. The **micro-cycle, or operation**, is moving one individual box to the pallet.

Once the operations have been identified, the next step is to record each of the activities required to complete the operation. For this example, there are 10 specific activities required to get the box from the counter top to the storage area on the floor (i.e. Figures 1-10 are operations that make up one micro-cycle).

Within each of these activities that are a set of movements/postures for the trunk, neck, shoulder/upper arm, elbow/forearm, wrist and hands. The **Analysis and Information Tables for Ergo-Team Interventions** can be used to record the posture or movement in each plane of motion for each activity. It also includes a space for comments on the perceived exertion associated with the overall operation, as well as comments on environmental factors and cognitive factors.

The analysis table also includes a space for questions or comments to the employee volunteer and workers and supervisors in the area about the motion/posture and operations. A question an Ergo-Team member may want to ask for this example of moving boxes might be: "What are the reasons for the table being at this height?"

Moving and Posture Figures:

- Fig. 1) Reaching for the box
- Fig. 2) Grasping the box
- Fig. 3) Lifting the box
- Fig. 4) Pivoting with the box
- Fig. 5) Carrying the box
- Fig. 6) Lowering the box
- Fig. 7) Placing the box in position
- Fig. 8) Returning to standing position
- Fig. 9) Pivoting the body
- Fig. 10) Returning to the table

Fig. 1) Reaching for the box



Fig. 2) Grasping the box



Fig. 3) Lifting the box

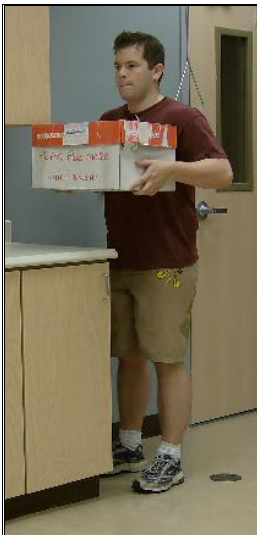


Fig. 4) Pivoting with the box



Fig. 5) Carrying the box



Fig. 6) Lowering the box



Fig. 7) Placing the box in position



Fig. 8) Returning to standing position



Fig. 9) Pivoting the body



Fig. 10) Returning to the table

