

ERGONOMY IN WORKPLACE 5S

A statement

The operator at the centre of the organisation has several responsibilities:

- To assure the production
- Production follow-up
- Quality follow-up
- Maintenance follow-up

30% of sick leave is due to musculoskeletal disorders

80% of the population suffers from "backache".

Bad posture effects the employees working conditions and reduces performance.

Sick leave is expensive for the company.



THE 5S AND ERGONOMICS SOLUTION

1	Clear and precise identification.
2	Adapted or specific lighting (directional lamp)
3	Information according to priority First level: Manufacturing order Second level: Procedures, instructions
4	Third level: Instruction sheets Quality / Maintenance / Safety
5	Easy access to tools without effort.
6	Fast connection of all the electrical material.
7	Rational and precise put-away without constraint.
8	Wastes management
9	Cleaning/Respect of the 5S principles
10	Station fix or on wheels.
11	Ergonomic sitting or standing position.
12	Easier handling (limited gesture and movements).

How should my work surface be organized?

From a sitting position, it is preferable to adjust your seat first in order to determine the right height for your work surface.

In principle, to find the optimum working position, the various tools needed should be within reach.

In all cases, equipment should be adapted to both the proportions of the user and the everyday tasks performed.

