



RISK ASSESSMENT
— WIZARD —



ERGONOMICS & MUSCULOSKELETAL HEALTH

Safety Guide

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Checklist Items

KEY BENEFITS

Staff Wellbeing

Supports staff well-being by reducing physical strain.

Posture Awareness

Promotes correct posture and body mechanics awareness.

Better Equipment

Encourages investment in ergonomic tools and furniture.

Job Satisfaction

Improves job satisfaction by preventing discomfort.

KEY HAZARDS & CONTROL MEASURES**Prolonged Standing**

- ✓ Anti-fatigue mats provided
- ✓ Supportive footwear worn
- ✓ Regular breaks scheduled
- ✓ Varied tasks throughout day

Wrist Strain

- ✓ Ergonomic tools selected
- ✓ Regular stretching breaks
- ✓ Correct cutting technique trained
- ✓ Tool maintenance current

Neck Flexion

- ✓ Adjustable bed/chair heights
- ✓ Neck stretches encouraged
- ✓ Magnification lamps used
- ✓ Service time limits set

Poor Seating

- ✓ Adjustable stools provided
- ✓ Regular position changes
- ✓ Back support available
- ✓ Footrests available



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