

Women at Greater Risk for Ergonomic Injury

1. You should not ask for help when your work requires you to lift an object that is too heavy for you.
 True False
2. You should criticize someone when they ask for help.
 True False
3. Good posture can prevent injury.
 True False
4. Musculoskeletal disorders can interfere with a person's quality of life.
 True False
5. You can protect yourself from ergonomic injuries by:
 - a. Taking "ergo breaks"
 - b. Using an adjustable workstation
 - c. Wearing PPE that is designed for your body type
 - d. All of the above

What Would You Do?

You and several other female co-workers are working in an environment where asking for help with heavy lifting brings scorn. Can you think of ways in which you and your female co-workers can team up to help one another and reduce your potential for injury?
