

Horizontal Distance

Horizontal Distance is the condition of working far away from the body, either in front or to the side. The farther the reach, the greater the potential for ergonomic risk to the shoulders and back.



Common Causes

Common Solutions

Reaching to equipment	▷	Move controls closer, remove unnecessary obstructions
Retrieving/placing boxes on pallets	▷	Provide swivel top table
Lack of toe clearance	▷	Provide cutout for toe clearance
Reaching to part bins	▷	Locate part bins closer, deliver parts on a slide, tilt bins, create a standing workstation
Knee obstructions	▷	Provide knee clearance, remove excess guarding

