

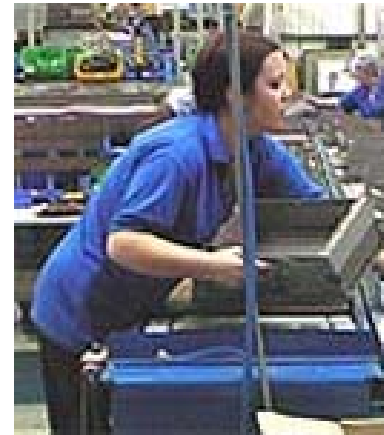
# Shoulders Too Low/High

At the workstation, the shoulders should be level: If the shoulders are too high, the task is too high; if the shoulders are too low, the task is too low.



# Hungry Head

The body naturally positions the eyes to see what they need to see. Therefore, appropriate lighting and positioning of parts are crucial in eliminating poor neck, or “hungry head” postures.



Common Causes	Common Solutions
Poor placement of switches, levers, or buttons	Place controls at elbow height
Work height is too high or too low	Use adjustable height tables to position work at a level that allows neutral posture
Poorly adjusted seat height	Adjust height of chairs and stools
High storage of materials	Lower storage height below shoulder level, use stepstools that lock with weight
Reaching to retrieve parts from totes or shelves	Adjust bin or shelf height and arrange in a semi-circle to reduce reach

Common Causes	Common Solutions
Visual inspection	Provide adequate task lighting
Bending neck to view precision work (for example, small part assembly)	Use self-supporting magnifying glass with task lighting, and an angled work area
Reading dials or displays	Ensure dials and displays are large, and directly in front
Viewing alignment and part placement during assembly	Raise and angle the work to allow viewing without bending the neck
Viewing computer monitor or microscope at wrong height or angle	Use height-adjustable platforms, or a height adjustable work tables