

**TAKE CONTROL**

# Muscular Stress, With No Objects Being Handled

This Information Bulletin was produced to assist in the prevention of workplace injury and disease. By identifying causes, and assessing and controlling risks, employers and workers can take control of their own health and safety in the workplace.

## Areas in the workplace which could indicate there is a risk of such occurrences happening

Some things to look for include:

- tasks or activities which require employees to bend and stoop, twist or squat;
- tasks which require employees to sit or crouch for long periods of time, especially in constrained or poorly supported positions;
- work stations or seating which does not allow employees to adjust them to their size and the task to be done;
- work carried out in cramped or confined spaces;
- work which requires employees to maintain a single posture for long periods (eg. foot on an accelerator pedal or neck bent to one side).

## Examples of what can be done to stop such occurrences from happening

Employers should make sure that:

- work is planned so that employees are able to frequently vary their postures during the working day, for example, between sitting and standing postures;
- the workplace is changed to allow for easy movement in the work areas, thereby reducing the need for awkward, unbalanced, tense or cramped postures;
- work practices which require frequent bending or twisting are eliminated;
- work heights and seating are adjustable;
- footrests, supports and cushioned floor coverings are provided as appropriate;
- regular rest breaks are provided throughout the work shift if necessary.

## To find out more

The [Workplace Health and Safety Act](#) and the [Workplace Health and Safety Regulations](#) outline the minimum standards and the process to manage occupational health and safety in your workplace.

Specific regulations to note in respect of this topic are:

Regulation 60          Ergonomics

Australian Standards and other available information applicable to this topic include:

[HB 59](#) Ergonomics – The human factor – A practical approach to work systems design

[Safe Work Australia](#) [Prevention of Occupation Overuse Syndrome](#)

NT WorkSafe [Health and Safety in the Office](#)

[Safe Work Australia](#) [National Code of Practice for the Prevention of Musculoskeletal Disorders Caused From Performing Manual Tasks](#)

*NT WorkSafe kindly acknowledges WorkCover SA.*

**For further information please contact NT Worksafe on 1800 019 115 or visit [www.worksafe.nt.gov.au](http://www.worksafe.nt.gov.au)**