

Take control – **Body stressing**

17.04.04

Repetitive movement with low muscle loading >

This information bulletin has been produced to assist in the prevention of workplace injury and disease. By identifying causes and assessing and controlling risks you can take control of health and safety in your workplace.

Risk indicators in the workplace

Some things to look for include:

- Tasks which require repetition of, for example, gentle tapping, twisting or pushing actions;
- Tasks which involve frequent bending and twisting of, for example, the wrists, feet or neck;
- Tasks involving repetitive movement and where the employee cannot vary the tasks or control the pace of their work.

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

Employers should, for example, make sure that:

- The task is changed so that it is no longer repetitive;
- Mechanical aids or devices are provided, such as counter balances or suspension devices;
- Single task repetitive jobs are redesigned to include a mixture of repetitive and non repetitive work through job rotation;
- Frequent short rest breaks are provided for employees carrying out repetitive tasks;
- Work processes are designed to enable the operator to better control their flow of work;
- Employees are trained in how to carry out their work;
- Workstations, seating and frequently used tools are designed so that employees are not required to maintain awkward, unbalanced, tense or cramped postures whilst working;
- Employees are encouraged to perform posture reversal exercises during rest breaks.

putting safety first >



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 not in respect of this topic are:

Regulation 60 Ergonomics

[Australian Standards](#) are available from the Territory Construction Association, phone 8922 9666. Australian Standards can be viewed online by visiting the Northern Territory Library, Parliament House, phone 8999 7177.

Australian Standards 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.

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