


# A B C to Comply with the Ergonomics Rule



## A Preparation

- 1- **Read** the Ergonomics Rule (10 pages)
  - 2- **Make copies** of the Checklist for Caution Zone Jobs (page 3 of the Rule)
  - 3- **Schedule** a worksite walkthrough
- Department of Labor and Industries  
Go to B 

## B Caution Zone Jobs

- 4- **Complete** a walk through and **Identify** Caution Zone Jobs (CZJ)
  - If NO CZJ: not covered, no more requirements
  - If CZJ are found:
- 5- **Do Employee Awareness education**
- 6- **Analyze CZJ for WMSD Hazards and Go to C**

## C WMSD Hazards\*

- 7- **Make copies** of Checklist in Appendix B (6 pages)
- 8- **Analyze** WMSD Hazards
  - If NO Hazards: no additional requirements
  - If Hazards are found:
- 9- **Implement controls**

- ### Keep in Mind...
- Always involve your employees
  - Do a review every year
  - Planning Changes in the operation? start on Step A to assure compliance

\*WMSD: *Work related Musculoskeletal Disorders*