


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