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

**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

*WMSD: Work related Musculoskeletal Disorders*

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