



ERGO INSIGHTS



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Welcome to the Ergo Insights: Your Source for Ergonomic Wellness!

Warehouse and Industrial Ergonomics: Reducing Strain on the Job

In warehouses and industrial environments, physical strain is often considered "part of the job"—but it doesn't have to be. Ergonomics, the science of designing the job to fit the worker, plays a crucial role in reducing injuries, improving productivity, and boosting overall employee satisfaction. Workers in warehouses and industrial settings regularly perform physically demanding tasks like lifting, bending, reaching, pushing, and standing for long periods. Without ergonomic best practices in place, these repetitive motions can lead to musculoskeletal disorders (MSDs), fatigue, and long-term injuries. In fact, MSDs account for more than one-third of all lost workday injuries in the U.S., according to OSHA.

Ergonomic Solutions That Work

Redesign Workstations

- Use adjustable height tables and conveyor belts to reduce bending and overreaching.
- Arrange tools and materials within easy reach to encourage neutral posture.



Mechanical Assistance

- Implement lift-assist devices, hoists, or conveyors to reduce the need for manual lifting.
- Use carts and dollies to move heavy loads instead of carrying them.

Job Rotation and Microbreaks

- Rotate workers between tasks to minimize repetitive strain.
- Encourage microbreaks for stretching or resting muscles without disrupting workflow.

Ergonomic Tools and PPE

- Choose tools with cushioned grips and that allow for neutral wrist positions.
- Ensure proper footwear to reduce fatigue and risk of slips on warehouse floors.

Training and Awareness

- CSU offers regular ergonomics training as part of onboarding and safety programs.
- Teach safe lifting techniques and the importance of posture.

Ergonomics in warehousing and manufacturing is not a luxury—it's a necessity. By focusing on practical, proven strategies to reduce physical strain, employers can create safer, more efficient workplaces where both people and operations thrive.



Schedule Ergonomic Evaluation



Ergonomic Resources and Information



Training information

