

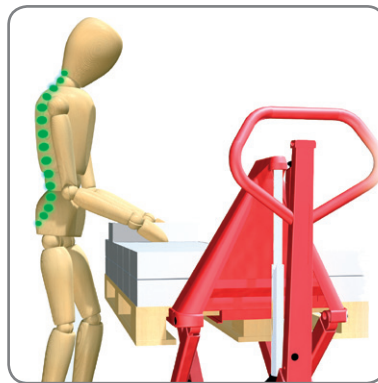
EU states that health and safety risks occurring from manual handling must be avoided. If this is not possible, effective measures must be implemented to eliminate or reduce risks.

In order to gain an overview of the working environment it is a good idea to conduct a workplace

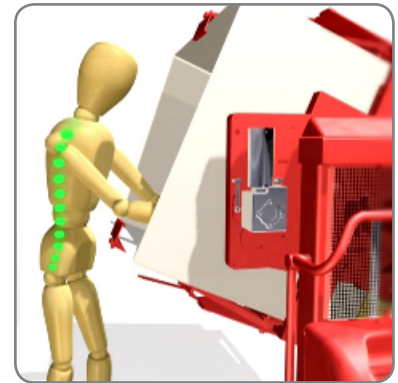
assessment. This will help to identify possible health and safety issues that when addressed will prevent or minimize physical stress at work. The purpose is to create a well-arranged and flexible workplace with a practical organization of the work.



Incorrect working position.



Ideal working position.



Flexible organization of the work.

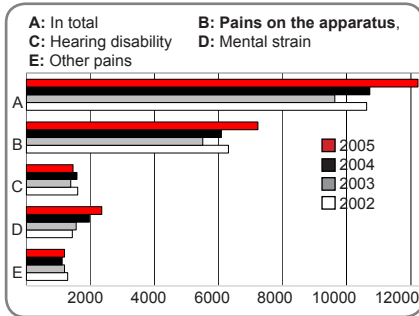
## Optimum arrangement in the workplace

### Interthor puts ergonomics in focus

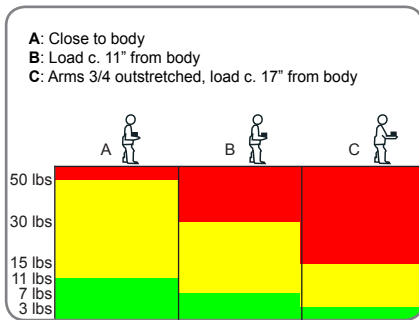
A well-organized workplace is designed to suit the work and the user and provide employees with the right equipment for their specific tasks. Proper work arrangement and equipment together with training and clear instructions on the correct and safe use of a product ensures that all employees will perform their physical tasks in a correct way.

### Robust equipment - high efficiency

Interthor offers a wide range of equipment, ensuring good and ergonomic working conditions, when transporting and handling different goods on pallets or in boxes, reels, drums, etc. At the same time good and flexible working conditions will help to increase efficiency in the workplace.



The graph shows registered work-related pains.



Correct equipment moves strain from red to yellow and yellow to green.



The Thork-Lift is one of the unique ergonomic Interthor products.

## Factors like work position and form, distance and working height have to be considered

### The workplace has to be organized with the focus on ergonomics

When organizing workplaces which do not involve a great deal of physical work, it is advantageous for the user to use the equipment in standing and sitting positions.

Another factor to take into consideration is the distance between the body and the object being lifted; this should be as short as possible during the whole lifting operation (from the point of gripping to the point of releasing). At the same time the working height should be adjustable so that a correct working posture can be achieved, e.g. the load must be kept close to the body between midhigh and elbows to avoid twisting or bending of the spine.

Other factors like illumination, noise level, air, ventilation, temperature, humidity and good psychological working conditions will determine and promote health and well-being of the employees.

### How do I use myself best?

Where the muscles are concerned, a distinction is made between static and dynamic work.

#### Static work

With static work, the muscles are under constant strain and become tired quickly. Over longer periods, such strains often lead to disorders in both muscles and sinews. Static work is performed with the body in a fixed position, e.g. with bent back, lifted shoulders or arms.

#### Dynamic work

With dynamic work, the muscles are alternately stretched and relaxed; the joints move the whole time. This helps blood circulation, and the work can therefore be performed for longer periods without tiring, provided that it is done at the right pace.

#### Optimum position of the joints

When considering the joints, these should always be allowed to work in and around their natural resting position. This helps to minimize the load on the cartilage in the joints and helps to prevent osteoarthritis.

*We also offer tailor-made solutions. Please ask for further information or visit our website [www.logitrans.com](http://www.logitrans.com)*