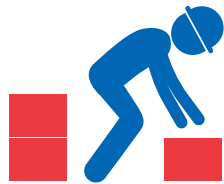


Ergonomics

Solutions from  **AKRO-MILS®**



Did You
Know?

Every 10 lbs. of lift = 150 lbs. of *back stress*

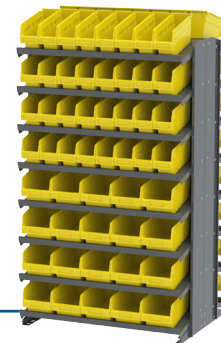
50 lbs. = Maximum weight to lift under ideal conditions

Optimal work height comfort zone = 24" to 62" off the floor

*Identifying the right Akro-Mils product for the job will help your workers reduce injuries and maximize productivity!
See reverse for solutions to the most common ergonomic issues.*

Issue: Frequent picking/repetitive reaching causes fatigue, which leads to lost time and potential injury to back and shoulders.

Solution: Akro-Mils' Pick Racks offer high-density storage options with angled shelves that keep parts and supplies at the front of bins for easy picking, reducing stress on shoulders and back.



Issue: Bending and lifting to move stacked items.

Solution: Dollies are an ideal way to transport stacked boxes or other bulky, heavy items. Optional tow eyes and handles ease transport.

Issue: Bending and lifting to move boxes to bench or workstation.

Solution: Work Height Platform Trucks are durable and mobile options for transporting boxes and other large items. These trucks – offered in fixed height and adjustable styles – reduce the strain of lifting and bending, and allow for easy transfer to workstations.

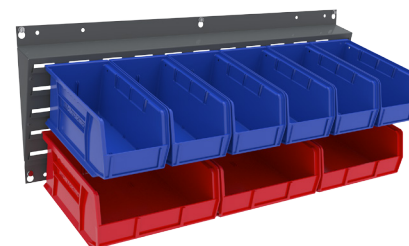


Issue: Extended time doing tasks beyond the optimal hand working height, out of comfort zone.

Solution: With the Adjustable Work Bench, each workstation can be adjusted to the height that works best for the employee, or to the optimal height for multiple employees.

Issue: Awkward reaching across benches and tables.

Solution: Akro-Mils' Lean Panel™ is a 15-degree louvered panel that provides greater parts visibility and more comfortable item picking. Panels can be wall-mounted or used with louvered racks, for maximum flexibility.



Need additional support or information?

Contact your local Akro-Mils representative or visit our website at akro-mils.com/resources/ergonomics.aspx



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