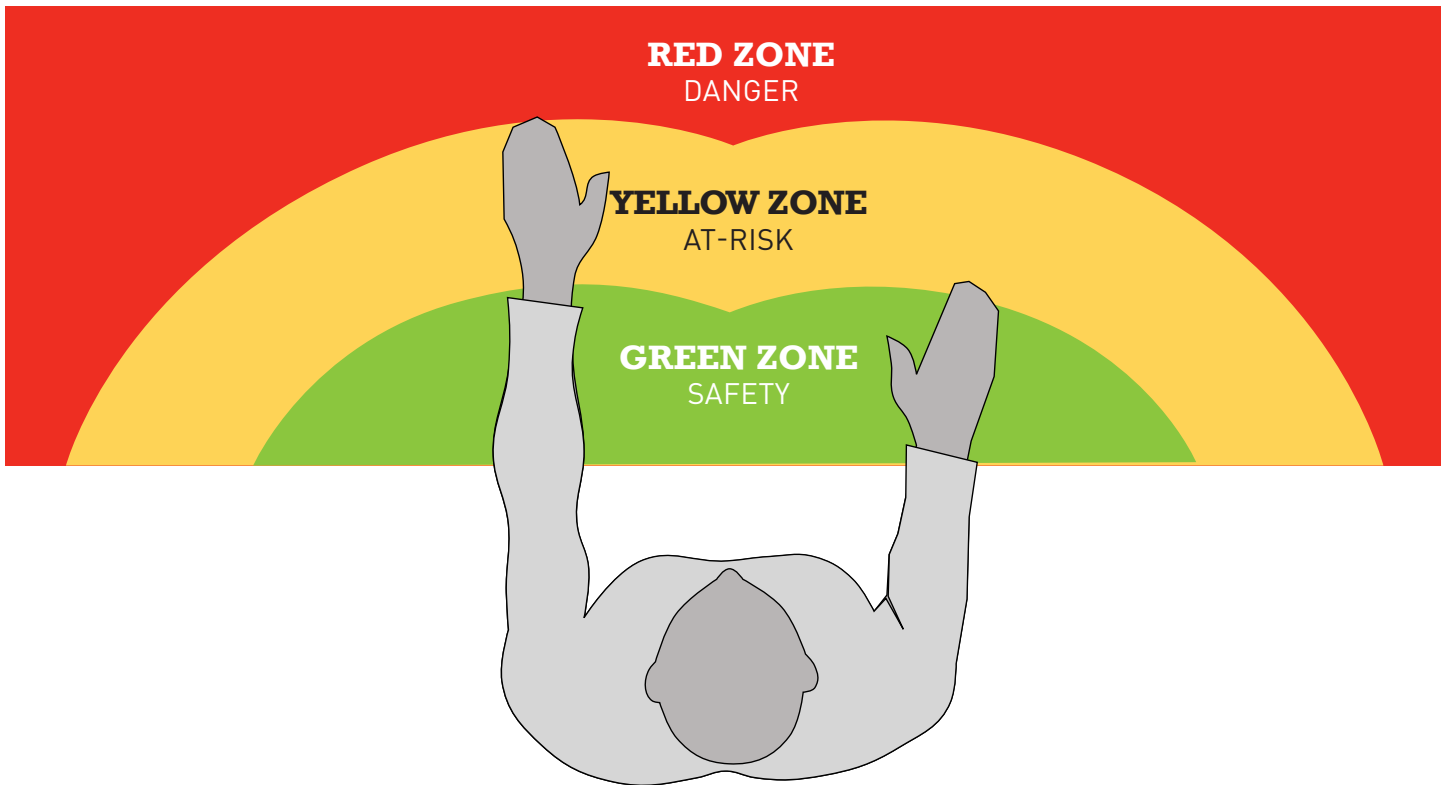


# Workstation ergonomics leverage zones



## **GREEN ZONE** | SAFETY

- Elbows are placed close to your body.
- Pivot point is your elbow.
- Less force is needed to lift, because weight is closer to your body.
- Low back muscles work less.

## **YELLOW ZONE** | AT-RISK

- Elbows are placed about six inches from your body.
- Pivot point is moved to your shoulder.
- Force moves to your shoulder and upper back. Force can be up to six times that of the green zone.
- Shoulder muscles rely on your back muscles for help.

## **RED ZONE** | DANGER

- Elbows are stretched out; arms reaching straight out from your body.
- Pivot point changes to your low back.
- Force on your low back can be up to a 50:1 ratio compared to the green zone.
- Back muscles are used to complete the task.