Workstation ergonomics
leverage zones

- **RED ZONE**
  - Danger
  - Elbows are 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.

- **GREEN ZONE**
  - Safety
  - Elbows are about six inches from your body.
  - Pivot point moved to your shoulder.
  - Force moves to your shoulder and upper back, can be up to six times greater than green zone.
  - Shoulder muscles rely on back muscles for help.

- **YELLOW ZONE**
  - At-Risk
  - Arms and elbows are stretched straight out from your body.
  - Pivot point changes to your low back.
  - Force on your low back can be up to 50 times greater than green zone.
  - Back muscles engage to complete task.