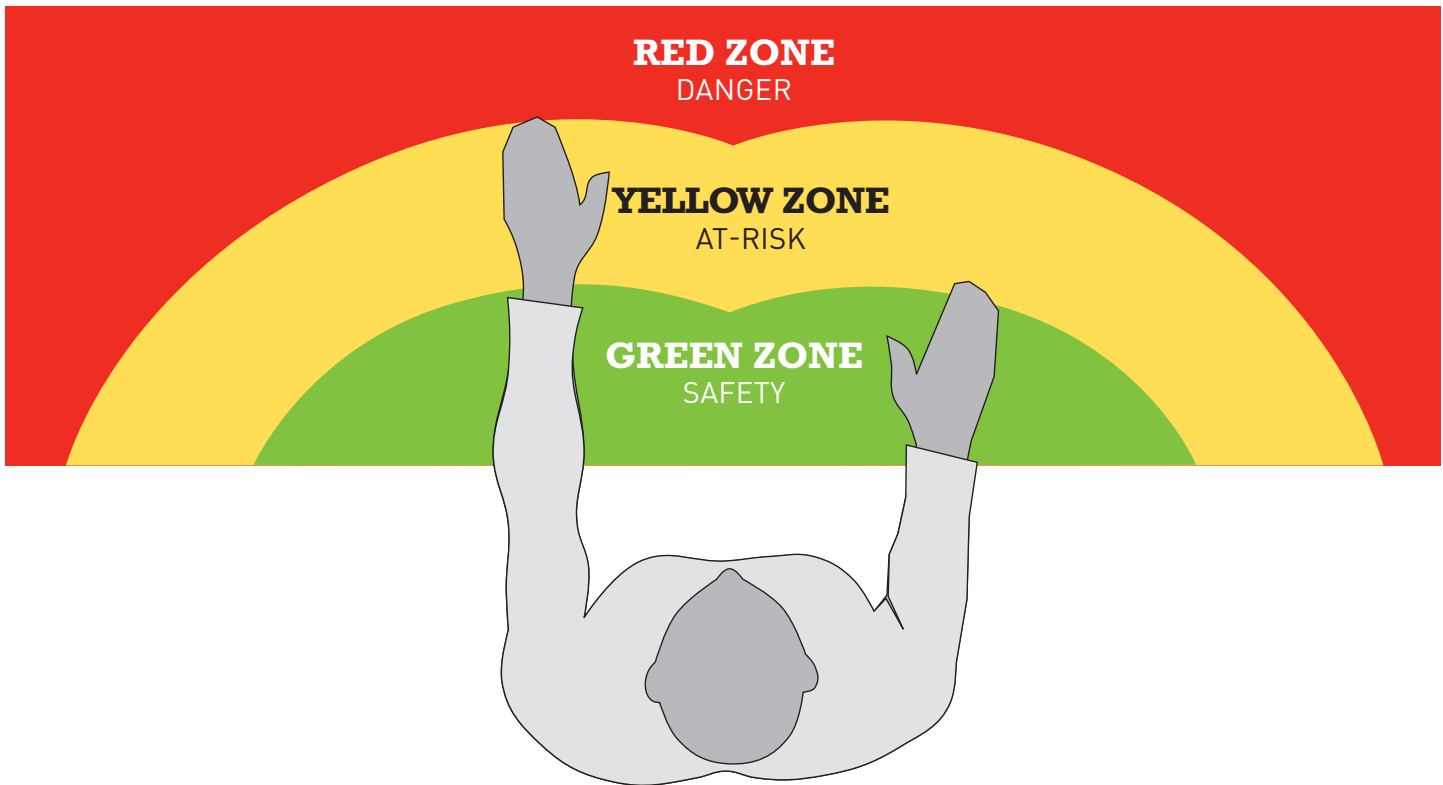


# Workstation ergonomics leverage zones



## **GREEN ZONE** | SAFETY

- 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.

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

- 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.

## **RED ZONE** | DANGER

- 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.