



Service Priorities and Programmes
Electronic Presentations

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BACK TO BASIC- The effectiveness of an ergonomic consultation in improving staff's working posture in 2 manual handling job tasks in Kwong Wah Hospital
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Introduction

"Every exit is an entry somewhere". Every system would have their room for advancement. By making use of ergonomic- design- principle, Occupational Therapy Department in Kwong Wah Hospital collaborating with Occupational Safety and Health team have fabricated different tools in minimizing the potential hazard in targeting manual handling procedures. This time two specially designed tools (Entonox/ oxygen cylinder cart and 40L sharp box transferring aids) which were developed in 2012 have been chosen for illustrating the beneficial effect and importance of designing appropriate tools.

Objectives

To explore the posture loading difference before and after using specially designed tools

Methodology

Rapid Upper Limb Assessment (RULA) has been used to measure the posture loading difference before and after the change. It is a screening tool that assesses biomechanical and postural loading on the whole body with particular attention to the neck, trunk and upper limbs. The final score is ranging from 1 to 7. The higher the score, the higher the risk of injury to the operator would be due to physical loading. The work process of two targeting tasks {(1) moving the Entonox cylinder from dangerous store to ward and (2) transferring the loaded 40L sharp box from one place to another} were videotaped. Independent assessor will assess the postural loading score before and after using new tools by RULA.

Result

1) For the Entonox cylinder original transfer method, the RULA final score is 7 which indicates investigation and changes are required immediately. After using the new tool, the RULA final score changes to 2 which indicates that posture is acceptable if it is not maintained for long periods 2) For the original 40L sharp box transfer method, the RULA final score is 4 which means the further investigation may be required. After

using the specially designed tool, the RULA final score moves down to 1 which means the posture is acceptable.