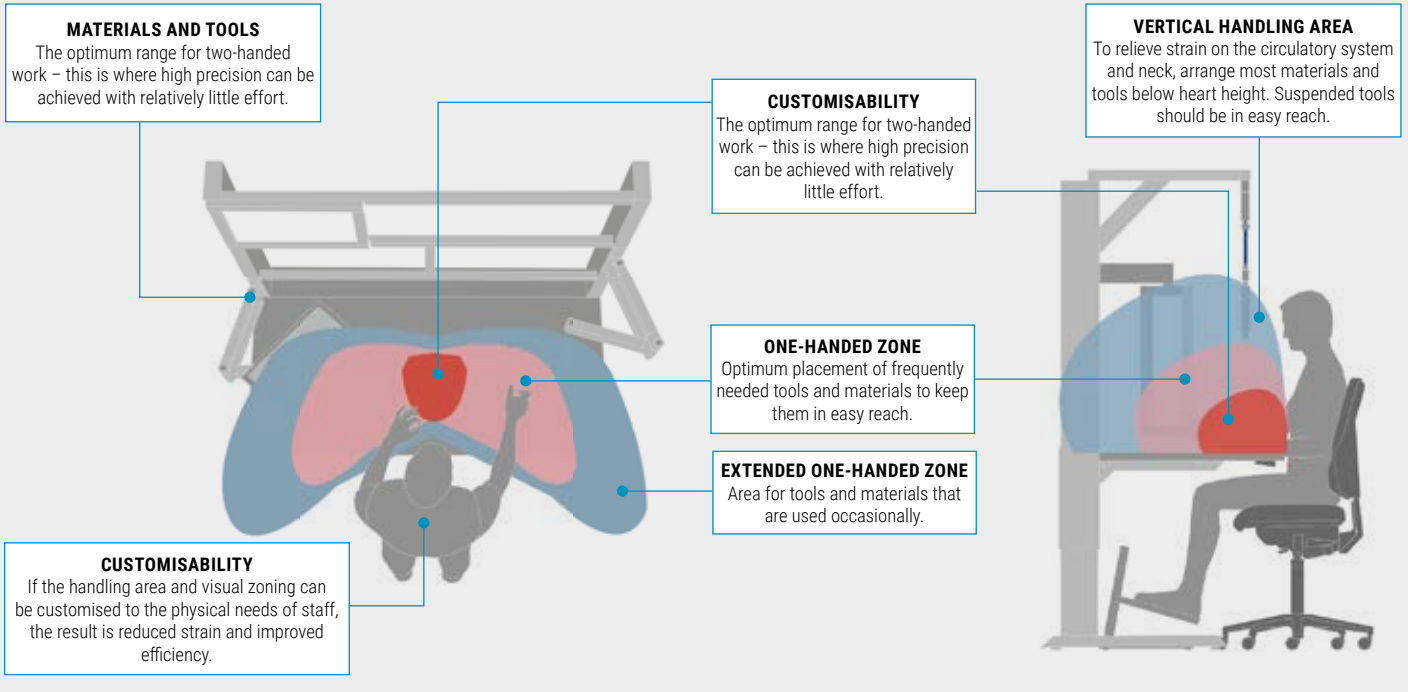


# item Provisioning the industrial work bench

Your ideas are worth it.®

When it comes to making sure all the materials, tools and information needed at an industrial work bench are ergonomically arranged, the handling area and visual zoning are critical factors. Addressing these factors is an effective way to prevent uneven strain, unnecessary movements and the sick days these problems will ultimately cause.

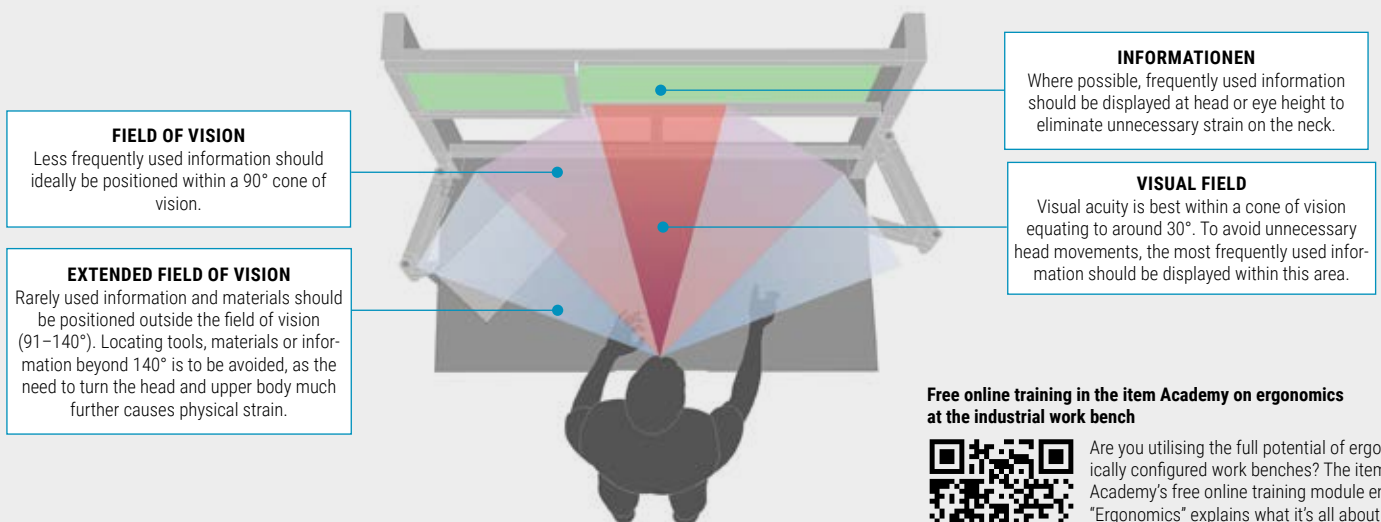
## HANDLING AREA



## 5 FIVE GOLDEN RULES

- The upper body should not lean forward at an angle exceeding 20°. Frequently having to stretch or bend the neck by more than 25° should be avoided.
- Materials, tools and information should each have their own place and be arranged according to frequency of use (more frequently used toward the inside, less frequently used toward the outside).
- Frequently used and, in particular, heavy materials should be positioned below heart height.
- All arrangements must be easy to adjust but also safeguarded against unintentional adjustment.
- Colour-coded parts containers and document holders ensure materials and information can be found faster and more easily.

## VISUAL ZONING



Free online training in the item Academy on ergonomics at the industrial work bench



Are you utilising the full potential of ergonomically configured work benches? The item Academy's free online training module entitled "Ergonomics" explains what it's all about.

[t1p.de/ergonomie-schulung](http://t1p.de/ergonomie-schulung)

