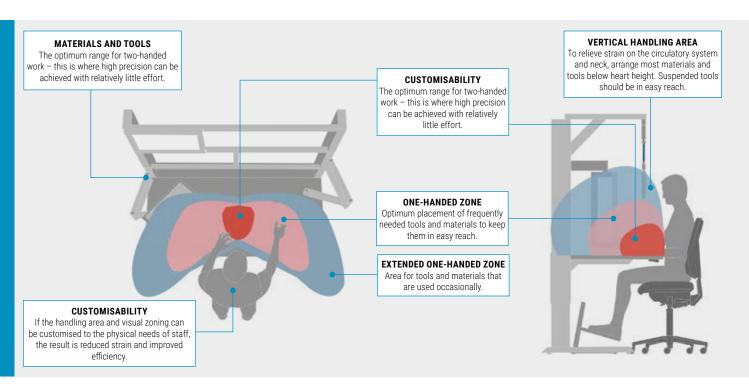
# **item** Provisioning the industrial work bench

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.



**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.



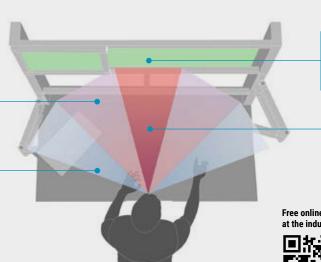
Colour-coded parts containers and document nolders ensure materials and information can be found faster and more easily.

### FIELD OF VISION

Less frequently used information should ideally be positioned within a 90° cone of vision.

## **EXTENDED FIELD OF VISION**

Rarely used information and materials should be positioned outside the field of vision (91-140°). Locating tools, materials or information beyond 140° is to be avoided, as the need to turn the head and upper body much further causes physical strain.



#### INFORMATIONEN

Where possible, frequently used information should be displayed at head or eye height to eliminate unnecessary strain on the neck.

### **VISUAL FIELD**

Visual acuity is best within a cone of vision equating to around 30°. To avoid unnecessary head movements, the most frequently used information should be displayed within this area.

Free online training in the item Academy on ergonomics



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

