



Field Research Safety - Ergonomics

Simon Fraser University's field research activities vary widely and supervisors are required to adequately plan their activities and assess and mitigate risks. Some field research activities may expose researchers to multiple ergonomics risk factors.

Examples of Common Ergonomics Controls

- **Elimination/Substitution**
 - Assessing all equipment needed and determining if any is unneeded
 - Selecting lighter or more portable equipment or tools
- **Engineering**
 - Redesigns of workstations/work areas/storage areas
 - Having equipment dropped off via helicopter
 - Using mechanical aids to assist with lifting
- **Administrative**
 - Training in Safe Lifting Practices
 - Breaking up the load to reduce amount of force required
 - Setting requirements for two-person lifts based on an object's weight
 - Work planning
 - Adequate rest breaks for recovery
 - Changes to task rotation, pace, and schedules
 - Layout or location of areas where equipment is being stored
 - Requiring all objects to be labelled with their weight
- **Personal Protective Equipment**
 - Anti-vibration gloves or other materials (cushions) to dampen vibration exposure
 - Knee pads for kneeling tasks