ENVIRONMENT, SAFETY & HEALTH DIVISION

Chapter 54: Ergonomics

Quick Start Summary

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URL: https://www-esh.slac.stanford.edu/eshmanual/references/ergonomicsQuickstart.pdf

1   Who needs to know about these requirements

The requirements of Ergonomics apply to workers, supervisors, ergonomic specialists, ESH coordinators, the ergonomics program manager, Occupational Health, and Facilities Management and Planning.

2   Why

Activities that require work in a restricted space or with awkward or static postures, repetitive motions, pressure points, vibrating tools, or forceful exertions can lead to injuries and reduced worker effectiveness.

3   What do I need to know

Workers and supervisors should be actively screening activities and workplace conditions with potential ergonomic risks and are strongly encouraged to engage their ESH coordinator or contact the program manager and/or OHC for assistance, ranging from informal consultations to formal evaluations.

Workers who use computers for more than two hours a day must complete ESH Course 291, Ergonomics Training - Office Worker (ESH Course 291), either when they arrive at SLAC or when moving to a different office. Formal ergonomic evaluations (ESH Course 291EV), of home or SLAC offices, when warranted are performed by an ergonomic specialist provided by the Occupational Health Center (OHC). Formal evaluations and informal consultations are also performed at non-office locations, such as machine shops and laboratories, and a voluntary industrial ergonomic awareness course (ESH Course 323) is available. Supervisors and workers are expected to implement the recommendations resulting from formal evaluations. A back safety course (ESH Course 410) is also available.

4   When

These requirements take effect 31 October 2025.

5   Where do I find more information

SLAC Environment, Safety, and Health Manual (SLAC-I-720-0A29Z-001)

- Chapter 54, "Ergonomics"

Or contact the program manager.