

GO GREEN

WORK IN YOUR POWER ZONE

One easy method to see ergonomic risks is to use the stoplight method, GoGreen Work in Your Power Zone™, developed by ErgoHP LLC. This method, which uses three circles or arcs around the body to identify “work zones”, can be taught to employees and supervisors within minutes to be able to conduct a self risk assessment.



RED ZONE

Encompasses all other body positions that are beyond an arm's length and above the head or below the knees.

This zone is high risk and has weak strength capabilities.

YELLOW ZONE

An arc from the top of the head to knee height at an arm's length distance from the body.

This zone is medium risk and has moderate strength capabilities.

GREEN ZONE

Is an arc from mid-thigh to shoulder height and is the length of a forearm held horizontal to the body.

This zone is the lowest risk and has the maximum strength capabilities.

The basic goal of the GoGreen Work in Your Power Zone™ is to work in the green and yellow zones the majority of the workday. When working in the red zone, employees should stop and ask themselves questions such as,

“Do I need help?”

“Can I get in a better position?”

“Is there a tool or equipment I could use to get me in the yellow or green zone?”

The location of the hands when working determines the work zone location. For example, standing at a bench grinding a steel plate would be the green zone, whereas standing on a ladder working in the overhead or crawling through a bilge would be red zones.

The goal is to minimize or avoid red zone positions that quickly fatigue the body, reduce performance, take more time to complete, and increase the risk of an injury.