

# Ergonomics Committee

John Quinlan & Marie Robinson

# SURVEY

# Ergonomics Committee

- Committee created 5 years ago to address the Federal Ergonomics regulation.
- For last 3 years the committee has been working on a Telecommunications Guideline on Ergonomics
- 2004 NTSP & OSHA signed Ergonomics Alliance
- Committee Members:

Marie Robinson \*  
John Quinlan \*  
Eric Allgaier  
Lynn Alpaugh  
Frank Bannister  
Marshall Berry  
Art Farmer

SBC  
Verizon  
Nextel  
AT&T  
Sprint  
BellSouth  
Cincinnati Bell



\* Co-Chairs

**OSHA**

Occupational Safety  
and Health Administration

[www.osha.gov](http://www.osha.gov)

**Safety  
and  
Health  
Add Value:**

- To Your Business
- To Your Workers
- To Your Community





OSHA

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# OSHA Alliance

- Work together on ergonomics training
- Share information
- Raise awareness
- Quarterly Meetings / conference calls
- Agreement in effect for 2 years



JUL 8 2004

Chuck Slagle, ARM, CBCP, CUSA  
National Telecommunications Safety Panel, Chairperson  
Sprint Environmental Health & Safety  
KSOPHM0516-5B876  
6480 Sprint Parkway  
Overland Park, Kansas 66251

Dear Mr. Slagle,

On behalf of the Occupational Safety and Health Administration (OSHA), I would like to recognize the National Telecommunications Safety Panel (NTSP) for stepping forward to address work-related ergonomic issues in your industry. I congratulate you for your leadership in developing a tool that the telecommunications industry can use to reduce work-related musculoskeletal disorders.

When Secretary of Labor Elaine L. Chao announced her comprehensive approach to ergonomics, she challenged industry to voluntarily develop ergonomic guidelines to meet their own specific needs. You have met this challenge by developing and making available *Ergonomic Guidelines for Common Job Functions Within the Telecommunications Industry*. Your industry serves as a model for other industries as they, too, tackle these difficult issues.

In addition, OSHA is very pleased to have formed an Alliance with NTSP. We look forward to working with you to further address ergonomics in the Telecommunications Industry.

I believe there is no more important task than the one we have committed to pursue everyday: reducing death, injuries, and illnesses in America's workplaces. We appreciate the solid foundation you have laid for your industry and their workers to move forward together toward reaching this critical goal.

Sincerely,

A handwritten signature in black ink, appearing to read "J. L. Henshaw".

John L. Henshaw

# Ergonomic Guidelines for Common Job Functions Within The Telecommunications Industry

- Access the document on the NTSP website
- <http://www.telsafe.org/ntsp/publications.htm>



Prepared by the National Telecommunications  
Safety Panel  
*Ergonomics Subcommittee*

# Ergonomic Guidelines for Common Job Functions Within The Telecommunications Industry

Introduction - Title page, Table of contents, Introduction, disclaimer, and Ergonomics Program Elements

## Outside Plant Environment

Handling Extension Ladders  
Handling Lashing Machine  
Removing a Manhole Cover  
Coin Collecting  
Splicing Cable  
Handling Cable Reels  
Placing Equipment in / out of manholes  
\* Pole Climbing \*  
\* Power Tools \*  
\* Jack Hammer \*

## Retail Environment

\* Wireless Retail Operation \*

## Central Office Environment

Wire Wrapping / Unwrapping  
Wire Stripping  
Working on a ladder in the Central Office  
\* Handling wire reels \*  
\* Pushing and dragging material \*  
\* Kneeling while working \*

## Office Environment

Typing  
Mousing and Alternative input devices  
Sitting  
Reaching  
Phone Use  
\* Viewing Monitor \*

## Job Function: Pole Climbing – Unstepped

### Description of Work Environment

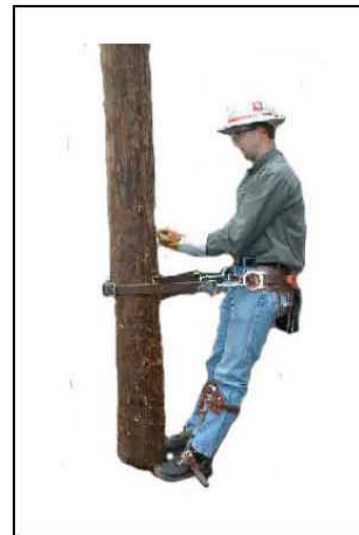
This function involves a technician climbing an unstepped pole. In this task, the employee safely ascends, maneuvers and descends unstepped poles using climbing gaffs and wearing a tool belt with approximately 25 lbs of tools. The technician must be able to transfer around the pole or other obstructions. Climbing an unstepped pole with gaffs can be done during most weather conditions.



**Employee securing the  
gaff to the leg**



**Climbing a pole**



**Working while secured  
to the pole**

Risk Factors	Body Segment	Contributing Factors
Awkward Postures	Hands/ Wrist Arms/ Shoulders/ Knees/ Legs/ Feet/ Lower Back	Coordination of the hand and leg movements together with the shifting of one's body weight while maintaining body balance as the employee safely ascends, maneuvers or descends an unstepped pole.
Force	Hands/ Wrist Arms/ Shoulders/ Knees/ Legs/ Feet/ Lower Back	<p>Excessive forces applied to joints, tendons and muscles associated with employee ascents, maneuvers and descents of an unstepped pole.</p> <p>Loose or dull gaffs will contribute to the employee applying excessive force while climbing.</p>
Joint Stress	Knees	<p>"Locked Knee" refers to when the leg is fully extended and the knee is rigid or locked back to prevent the leg from bending at the knee.</p> <p>The weight of the employee can contribute to joint stress.</p>

### Recommended Solution Strategy - Short Term

Use alternative methods to ascend unstepped telephone poles such as stepped poles, extension ladders and bucket trucks.

Provide stirrups that fit properly and are comfortable as this affects a technician's ability to climb.

Keep gaffs sharp and inspected for fractured or cracked gaffs or leg irons, loose or dull gaffs, broken straps or buckles. This helps to reduce forces on the technician's joints when climbing.

For people with small feet and/or have a small stature, supply narrow stirrup that provides a snug fit for technicians.



### Recommended Solution Strategy - Long Term

Eliminate the use of utility poles and place telephone cables below grade to reduce the need to climb unstepped poles.

### Resources Which May Be Of Assistance For Ergonomic Design or Accommodation

Pole climbing gear

<http://www.buckinghamfg.com/linemen/pcpc.html>

<http://www.klein-tools.com/index.html>



# Questions

