



# TAKE FIVE for Safety-Ergonomics for Injury Prevention

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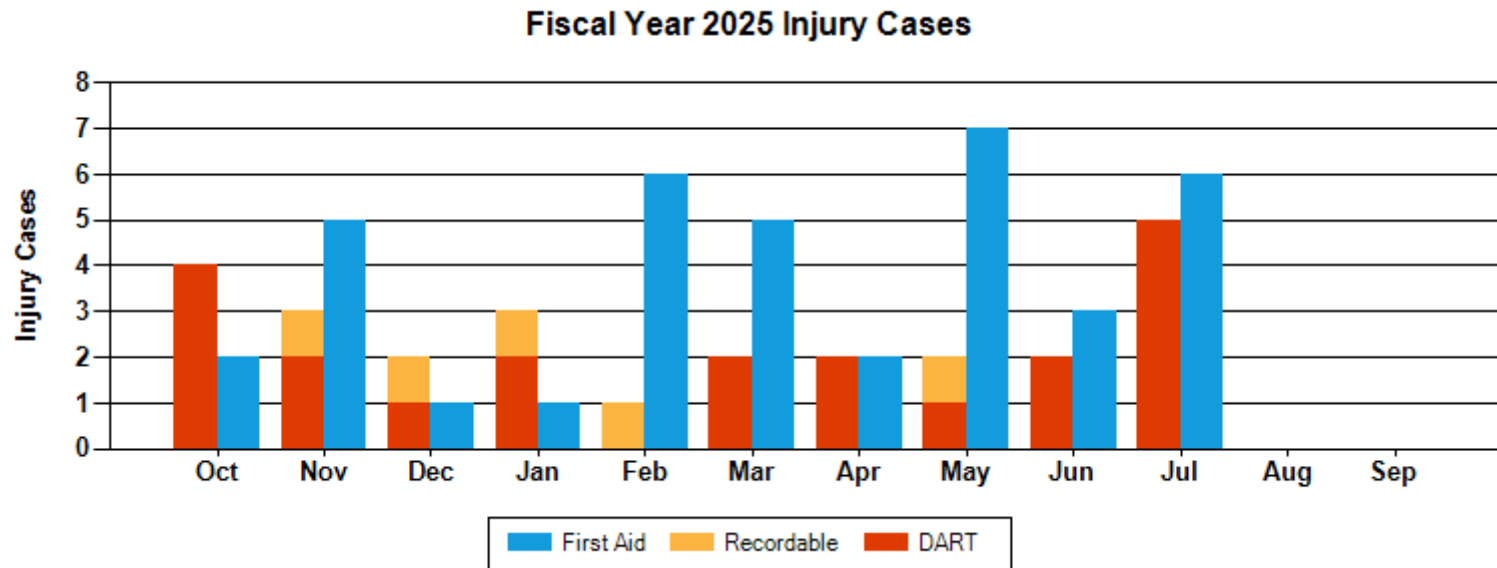
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# July 2025 BNL Injury Data

Date	Description	Injury Type
7/10/2025	Employee trips and falls injuring knees and hand	First Aid
7/10/2025	Employee stung by an insect	First Aid
7/10/2025	Employee injures foot while walking up stairs	DOE Recordable- DART
7/8/2025	Employee injures back	DOE Recordable - DART
7/3/2025	Employee injures shoulder	DOE Recordable - DART
7/2/2025	UPDATE: Students fall while walking on Brookhaven Avenue	This injury is not included in the BNL rates. This is for information purposes only.
7/2/2025	Employee injures hip	DOE Recordable - DART
7/2/2025	Student falls on pavement	This injury is not included in the BNL rates. This is for information purposes only.
7/1/2025	Employee finds tick under arm	First Aid
7/1/2025	Employee finds tick on neck	First Aid
7/1/2025	Employee stung by wasp	First Aid
7/1/2025	Employee injures lower back	DOE Recordable - DART
7/1/2025	Employee injures left calf	First Aid
7/1/2025	Guest sustains minor laceration to finger	This injury is not included in the BNL rates. This is for information purposes only.

# BNL FY25 Injury Cases by Month



# Musculoskeletal Disorders (MSDs)

- A variety of disorders experienced by affected workers that are caused by exposure to ergonomic stressors in the workplace.
- These disorders include muscle strains and tears, ligament sprains, joint and tendon inflammation, pinched nerves, herniated spinal discs, and other conditions.
- These conditions may develop gradually over time or may result from instantaneous events such as a single heavy lift.
- Pain, loss of work, and disability may result.

# Ergonomics

- In occupational health, ergonomics is the design of work tasks and job demands to fit the capabilities of the working population.
- The goal of ergonomics is to reduce and prevent musculoskeletal disorders caused by multiple factors. These include:
  - Physical (work tasks such as pushing, pulling, or lifting)
  - Psychosocial (mental wellbeing influenced by social factors)
  - Personal (age, gender, and body mass index)
- In simple terms, the goal of ergonomics is to prevent discomfort and injuries caused by work.

# Elements of the BNL Ergonomics Program- Work Planning

- Supervisors, work planners, and workers identify tasks with significant potential for ergonomic injury and contact a [qualified ergonomics evaluator](#) or the Ergonomics Subject Matter Expert (SME) to determine if a formal ergonomics evaluation is required.
- This evaluation may be triggered by:
  - New or significant changes to a workplace or workstations
  - Large scale or non-routine work that involves handling or moving equipment and supplies
  - Observing operations for the presence of risk factors, including:
    - Heavy lifting
    - Contact stress
    - Forceful exertion
    - Vibration
    - Awkward postures (including twisting, reaching, and turning)
    - Repetitive movements
  - Staff comments or suggestions: Consider interviewing staff directly to see if a possible problem exists in their operations.
  - Injury experience and injury record.



# Elements of the BNL Ergonomics Program- Reporting

- Staff promptly notify their supervisor of any work that creates prolonged musculoskeletal disorders. Symptoms of musculoskeletal disorders include:
  - Shooting or stabbing pains (especially in arms, legs, or the back)
  - Burning, soreness, or stiffness of muscles
  - Tingling or numbness (in hands or legs)
  - Color change in extremities (especially fingers or toes turning pale)
  - Swelling or inflammation of joints or extremities
  - Loss of mobility or decreased range of motion
  - Pressure or tightness in muscle groups
  - Decrease in feeling/sensation (especially in hands, fingers, and legs)
- The supervisor assists the worker in obtaining medical attention from the [Occupational Medicine Clinic \(OMC\)](#). If applicable, the OMC initiates the request for a formal evaluation by a [qualified ergonomics evaluator](#).
- **Note:** Staff may consult directly with the [OMC](#) if they are uncertain a symptom is related to their work.