

## General Control Strategies for Fatigue and Lack of Recovery

- Implement well-designed job rotation.
- Add different tasks to the job to increase the variety of activities.
- Include flexibility in the job so the worker can control pace of work.
- Use a work/rest schedule that allows for frequent changes of activity.
- Build in micro-breaks.
- Mechanize the task where necessary.
- Select tools/equipment that will eliminate the need for repeated impacts:
  - Use rubber mallets/other tools instead of the hand
  - Use power stretchers for carpet installations.
- Provide workers with well-designed padded gloves/knee pads.
- Change fittings/parts/equipment to minimize the forces used with repeated impacts.
- Limit the time duration required for repeated impacts.

Marklin R. General Knowledge Regarding Engineering Controls in *Interventions, controls and Applications in Occupational ergonomics*, Marass and Karwowski (eds), CRC, 2006.