OSHA Ergonomic Guidelines for Retail Grocery Stores



Guidelines that provide grocery stores with effective approaches and useful references to be used when determining the need for ergonomic solutions.

OSHA’s Ergonomics for the Prevention of Musculoskeletal Disorders: Guidelines for Retail Grocery Stores provide practical recommendations to help grocery store employers and employees reduce the number and severity of injuries in their workplaces. Many of the workrelated injuries and illnesses experienced by grocery store workers are musculoskeletal disorders (MSDs), such as back injuries and sprains or strains that may develop from various factors, including lifting, repetitive motion disorders such as carpal tunnel syndrome, or injuries resulting from overexertion. MSDs may also be caused partly or wholly by factors outside of work.

More remains to be learned about the relationship between workplace activities and the development of MSDs. However, OSHA believes that the experiences of many grocery stores provide a basis for…