



**2005
ITSC
St. Louis**



National Telecommunications Safety Panel

Ergonomic Sub-Committee 2005 Summary

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Work together on ergonomics training

Share information

Raise awareness

Quarterly Meetings / Conference calls

Agreement in effect for 2 years

Ergonomic Guidelines for Common Job Functions Within The Telecommunications Industry



Prepared by the National Telecommunications
Safety Panel
Ergonomics Subcommittee

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

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

* Handling equipment in Aerial Operations

* Handling compressed gas cylinders

* Sawing a Utility Pole

* Shoveling

Central Office Environment

Wire Wrapping / Unwrapping

Wire Stripping

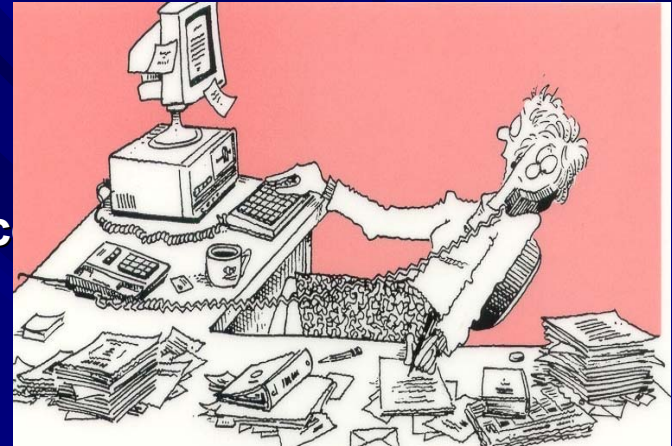
Working on a ladder in the Central Office

Handling wire reels

Pushing and dragging material

Kneeling while working

* Climbing a ladder in the central office



Office Environment

Typing

Mousing and Alternative input devices

Sitting

Reaching

Phone Use

Viewing Monitor

* Writing in a computer environment

* Laptop

Retail Environment

* Wireless Retail Operation

In addition:

Glossary of terms

Exercises for the

office environment

Path forward

- Future of OSHA Alliance
- Mergers
- New topics for Guideline?
- New projects for Committee?