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Choose the Right Ergonomic Products to Help Prevent Injuries

Using **ergonomic principles** that design the workplace to accommodate employees can help in **avoiding Work-Related Musculoskeletal Disorders (WRMSDs)**. WRMSDs are soft tissue injuries that affect the blood vessels, ligaments, muscles, nerves, and tendons.

Investment and Return

Simple and relatively inexpensive workplace modifications such as adjustable work platforms, footrests, or chairs can aid in major reductions in workplace stress.

Corrective Measures

A reduction in workplace stress can help decrease lost work days and improve productivity and team member morale. Employee training on ergonomic issues can aid personnel in identifying problem areas within their work area that may require ergonomic improvements.

Employee Evaluation

Receiving feedback from team members regarding their ergonomically-designed tools and furniture can help ensure the equipment meets their specific requirements.

Read the full article "Prevent Workplace Injuries with Ergonomics" at grainger.com/prevent-injuries

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Back Support

Features durable nylon fabric, EVA memory foam core, roller-style buckle, hook-and-loop closure, and radio attachment. Ambidextrous design.



Description	W	►CHOOSE:		Item No.
		Size		
Foam Core	5 in	S, M, L, XL, 2XL, 3XL		H4788



Ambidextrous Wrist Supports

Lightweight, washable supports made of woven elastic with hook-and-loop-closure. Black color.



Description	Size	Item No.
Single Strap with Thumb Loop	Universal	3RYC6
Slide-On with Single Strap	Universal	4WV98
Slide-On with Single Strap and Thumb Loop	S/M	4WW02
Slide-On with Single Strap and Thumb Loop	L/XL	4WW03

4WW02



ProFlex Back Supports

Spandex body material and stretchable bias binding with zig-zag stitching. With hook-and-loop closure and adjustable, detachable suspenders. H4111 and H4110 feature nonconductive Sticky Fingers stays and Power Panel Positioners. H4110 has V-shaped design.



H4110

Description	W	►CHOOSE:		Item No.
		Size		
280 Denier	8 3/4 in	Universal		31XW92
840 Denier	8 1/2 in	XS, S, M, L, XL, 2XL, 3XL, 4XL		H4111
		XS, S, M, L, XL, 2XL, 3XL, 4XL		H4110

Back Supports

Elastic Knit Supports—Elastic construction provides gentle compression and warmth for a more comfortable fit.

Spandex Supports—Spandex fabric is breathable and provides firm support for a more comfortable fit. D0581 and D0588 feature stretchable bias binding for greater

flexibility, a wider range of motion, and a more comfortable fit.

Weight-Lifter's Style Support with Lumbar Pad—Feature more support, less flexibility, and a restricted range of motion compared to other back supports. Ideal for use in heavy lifting applications.



D0585

Description	W	Suspenders	Closure Type	►CHOOSE: Size	Item No.
Elastic Knit Supports with Adjustable Shoulder Strap Guide					
2 Support Stays	7 1/2"	1 1/2 in Detachable Knit Elastic	Single Strap Hook-and-Loop	M, L, XL, 2XL	D0585
6 Support Stays	9"	1 1/2 in Detachable Knit Elastic	Double Hook-and-Loop	S, M, L, XL, 2XL	D0584
6 Support Stays	9"	1 1/2 in Detachable Knit Elastic	Double Hook-and-Loop	S, M, L, XL	D0591
Elastic Knit Supports					
4 Support Stays	8"	1 1/2 in Detachable	Hook-and-Loop	S, M, L, XL	D0718
4 Support Stays, Hi-Vis Orange Body	8"	1 1/2 in Detachable Knit Elastic	Hook-and-Loop	M, L, XL, 2XL	D0587
5 Support Stays	9 3/4"	1 1/2 in Detachable Knit Elastic	Double Hook-and-Loop	S, M, L, XL, 2XL	D0589
Spandex Support with Adjustable Shoulder Strap Guide					
840 Denier, 4 Stays	9"	1 1/2 in Woven Elastic	Hook-and-Loop	S, M, L, XL, 2XL	D0581
Spandex Supports					
280 Denier, 4 Stays	8"	1 1/2 in Detachable Knit Elastic	Hook-and-Loop	Universal	1UM53
	8"	1 1/2 in Detachable Knit Elastic	Hook-and-Loop	S, M, L, XL	D0582
	8"	1 1/2 in Detachable Knit Elastic	Hook-and-Loop	S, M, L, XL, 2XL	D0588
Weight-Lifter's Style Support with Ventilated Lumbar Pad					
Mesh Outer Shell	8"	None	Hook-and-Loop	S, M, L, XL	D0586
Weight-Lifter's Style Support with Removable Lumbar Pad					
Elastic Knit with 5 Stays, and Adjustable Shoulder Strap Guide	9"	1 1/2 in Knit Elastic	Double Hook-and-Loop	S, M, L, XL, 2XL	D0592
Weight-Lifter's Style Support with Foam Core Lumbar Pad					
Polyester Mesh with Stay and Adjustable Shoulder Strap Guide	9"	1 1/2 in Knit Elastic	Double Overlap	Universal	3RVA8
Polyester Knit	6"	None	Torque Ring	S, M, L, XL, 2XL	D0717
	6"	None	Cam Buckle	S, M, L, XL, 2XL	D0715
	8"	None	Single Strap Hook-and-Loop	S	D0583
600 Denier Nylon	8"	None	Hook-and-Loop	M, L, XL, 2XL	D0583



D0581



D0586

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