

STOP™ For Ergonomics

FACT SHEET

STOP™ (Safety Training Observation Program) For Ergonomics is a member of the award-winning DuPont portfolio of workplace safety training offerings now available from Coastal. Other offerings include STOP™ DataPro, STOP For Supervision and STOP™ For Each Other.



Distinguishing Characteristics

STOP™ For Ergonomics focuses on:

- **Hazard awareness.** Increasing awareness of ergonomic hazards in the workplace.
- **Risk identification.** Observing for ergonomic risk factors: static posture, awkward posture; forceful exertions; repetitive motion; contact stress; and vibration.
- **Injury prevention.** Preventing injuries related to musculoskeletal disorders (MSDs) and the suffering they cause.
- **An educational approach.** Looking at safety in a new way using ergonomic observation categories:
 - Posture
 - Force
 - Repetitive motion
 - Contact stress
 - Vibration

Important STOP™ For Ergonomics concepts include:

- **“Complete prevention”** - All ergonomic injuries can be prevented.
- **“Safety in numbers”** - Ergonomic safety is everyone’s responsibility.
- **“We depend on each other”** - Peers rely on themselves and each other to prevent injuries and address issues.



Audience

STOP™ For Ergonomics is appropriate for all levels of employees regardless of organizational structure. It serves as an entry point for organizations working to improve their safety record. It also serves as an effective follow up for work sites that have completed STOP™ For Supervision or STOP™ For Each Other.

Method

The educational approach is the “three-legged stool” used in all STOP™ offerings:

- Individual self-study through workbooks
- Review workplace application activities
- Group meetings in which participants view videos, discuss concepts introduced in workbook and video and apply the concepts to their workplace

Content and Materials

- Implementation Assistance Workshop
- Preview video: Introduces participants to the program and materials.
- Four program workbooks and 4 program videos covering the following topics:
 - Introduction to STOP™: Using STOP™ to Prevent Injuries
 - Understanding Postures and Excessive Force
 - Understanding Repetitive Motion: Contact Stress and Vibration
 - Conducting Formal Observations: Thinking About Solutions
- Administrator’s and Leader’s Guide: Includes meeting plans and hard copy of meeting presentation materials
- Observation checklists
- Observation cards



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For more than 30 years, DuPont™ STOP™ (Safety Training Observation Program) has been helping businesses prevent injuries. Join the thousands of companies and government organizations worldwide who realize the benefits of this program as real dollars and cents. See for yourself how DuPont and Coastal are helping to provide people with the safest workplace possible.

