



# Ergonomics

Ergonomics is the science of fitting a job to a person and helps lessen muscle fatigue, increases productivity and reduces the number and severity of work-related Musculoskeletal Disorders (MSDs).

Visit [www.osha.gov](http://www.osha.gov) for complete details and regulation requirements.



## Premium Lifters Support

Constructed of durable polyester fabric with solid inner core. Features an internal lumbar support pad. Adjust easily with double hook-and-loop closure system. Back support is 5" wide. Black.

ITEM #	ORDER #	DESCRIPTION	SIZES	UOM	PRICE/UOM
♦ OK-SS-5-M	325377001	Premium lifters support	M	Ea	\$31.87
♦ OK-SS-5-L	325377011	Premium lifters support	L	Ea	\$31.87
♦ OK-SS-5-XL	325377021	Premium lifters support	XL	Ea	\$31.87
♦ OK-SS-5-2XL	325377031	Premium lifters support	2XL	Ea	\$31.87



## Classic Universal Back and Abs Support

Body is constructed with cool mesh and features a double hook-and-loop closure system. Suspenders are 1 1/2" wide and detachable. Rubber grippers help keep belt in place. Back support is 9" wide and one size fits most (26" - 48"). Black.



ITEM #	ORDER #	DESCRIPTION	UOM	PRICE/UOM
OK-UNIV	325316671	Universal back & abs support	Ea	\$27.13



## Value Super Maxx Back Support

Delivers firm and comfortable broad lower back and abdominal support. Adjusts instantly for light to heavy lifting. Encourages proper posture when lifting, standing, walking, sitting, driving or playing sports. Features 8" breathable spandex mesh lumbar panel with elastic stretch panel with (4) plastic stays, (2) silicon threaded "grip strips", 1 1/2" detachable hook-and-loop suspenders and dual panel hook-and-loop closure. Black.



ITEM #	ORDER #	DESCRIPTION	SIZES	UOM	PRICE/UOM
626-M	325308061	Value Super Maxx back support	M	Ea	\$17.20
626-L	325308071	Value Super Maxx back support	L	Ea	\$17.20
626-XL	325308021	Value Super Maxx back support	XL	Ea	\$17.20
626-2XL	325308341	Value Super Maxx back support	2XL	Ea	\$17.20



[www.occunomix.com/products/media/wysiwyg/Size\\_Charts/O.pdf](http://www.occunomix.com/products/media/wysiwyg/Size_Charts/O.pdf)



## Easy Dos and Don'ts for Safe Lifting

### Do:

- Keep your head up and your back straight, and bend at your hips.
- Bring the load as close to you as possible before lifting.
- Lift with your legs, not your back.
- Shift your feet to turn.
- Keep the load directly in front of your body.
- Try to perform lifts at waist height with your elbows in close to your body.
- Limit lifting by hand. Use mechanical lifts or get help.
- Stay fit to help avoid injury.

### Don't:

- Lift heavy loads (35 lbs. or more). Get help.
- Reach across something to lift a load.
- Lift bulky or uneven loads.
- Reach to the side or lift while twisting.

Source: [www.osha.gov](http://www.osha.gov)



11093



### ProFlex® 1650 Economy Elastic Back Supports

All-elastic body (7 1/2" wide) provides firm support, comfort, fit and durability. Two-stage closure adjusts first for exact fit and then for desired level of tension, reminding wearers to lift properly. Features single layer 5" elastic strap for positive tension and adjustable 1 1/2" knit elastic suspenders that are detachable and cut wide for improved fit. Machine washable. Black.

ITEM #	ORDER #	DESCRIPTION	SIZES	UOM	PRICE/UOM
11093	332100021	ProFlex economy elastic back support	M	Ea	\$17.04
11094	332100011	ProFlex economy elastic back support	L	Ea	\$17.04
11095	332100041	ProFlex economy elastic back support	XL	Ea	\$17.04



### Carpal Tunnel Right Wrist Support

Breathable neoprene support. Features 3" wide wrap around strap, terry-lined interior and hook-and-loop closure. Includes flexible plastic insert.



OK-NCTS

ITEM #	ORDER #	DESCRIPTION	UOM	PRICE/UOM
♦ OK-NCTS/RM	325322741	Carpal tunnel right wrist support	Ea	\$16.00



### Wrist Assists

Made of woven elastic. Delivers comfortable compression and helps reduce strains and swelling. Features easy on/off with hook-and-loop closure.

ITEM #	ORDER #	DESCRIPTION	COLOR	UOM	PRICE/UOM
310	325303101	Wrist Assists, woven elastic	Beige	Ea	\$2.98



310



### Wrist Assist with Thumb Loop

Heavy-duty wrist support with thumb loop for easy application. Features woven elastic construction which delivers comfortable compression to help diffuse stress over a broader group of muscles and other tissue. Black.

ITEM #	ORDER #	DESCRIPTION	UOM	PRICE/UOM
311-L068	325303231	Wrist assist w/ thumb loop	Ea	\$4.23



### Single Strap Wrist Supports

Provides light-to-moderate support for office and industrial use. Features reversible hook-and-loop strap for use on either hand. Single layer of neoprene provides a glove-like fit and brings a sense of warmth to affected area. Machine washable. Black.



ITEM #	ORDER #	DESCRIPTION	SIZES	UOM	PRICE/UOM
16612	332103551	Ambidextrous single strap wrist support	S	Ea	\$9.79
♦ 16613	332103561	Ambidextrous single strap wrist support	M	Ea	\$9.79

ITEM #	ORDER #	DESCRIPTION	SIZES	UOM	PRICE/UOM
♦ 16614	332103571	Ambidextrous single strap wrist support	L	Ea	\$9.79
♦ 16615	332106731	Ambidextrous single strap wrist support	XL	Ea	\$9.79



OK-KP-350-06



### Classic Fabric Knee Cap Pads

Ideal for delicate surfaces. Lightweight and comfortable. Features high-density foam body, durable 600-denier polyester and hook-and-loop closure. Black.

ITEM #	ORDER #	DESCRIPTION	UOM	PRICE/UOM
OK-KP-350-06	325309801	Classic fabric knee cap pads	Pr	\$15.66



### Classic Wide Cap Knee Pads

Large, flexible PVC cap and EVA soft foam padding provide a dome of comfortable protection, extra durability and flexibility. Adjustable hook-and-loop straps guard against annoying shifting to keep pad in place. One size fits all. Blue.

ITEM #	ORDER #	DESCRIPTION	UOM	PRICE/UOM
126	325303181	Classic wide cap knee pads	Pr	\$18.84



126





## Premium Flat Cap Gel Knee Pads

Adjustable sizing pad reduces rocking to assure proper fit. Over-sized, abrasion-resistant hard plastic cap with flat kneeling surface provides greater kneeling stability. Gel-injected EVA foam padding to absorb impact and provide superior comfort. Hook-and-loop neoprene split strap closure to avoid bunching and slipping. One size fits all. Black.

ITEM #	ORDER #	DESCRIPTION	UOM	PRICE/UOM
121	325303131	Flat cap gel knee pads	Pr	\$40.87



121



## Value Contoured Hard Cap Knee Pads

Abrasion-resistant PE plastic hard caps offer heavy-duty protection against injuries often sustained in rigorous kneeling conditions. Lightweight pads feature EVA foam padding and adjustable straps to ensure hours of comfortable, productive work. One size fits all. Blue.

ITEM #	ORDER #	DESCRIPTION	UOM	PRICE/UOM
125	325303161	Hard cap knee pads, adjustable straps	Pr	\$14.82



125



560



## Ring and Watch Scratch Guards

Ring guard (560) is made with nylon/Spandex® and does not contain silicone. Watch guard (561) is made with PVC/polyester and does not contain silicone.

ITEM #	ORDER #	DESCRIPTION	UOM	PRICE/UOM
560	325304381	Ring scratch guard	Ea	\$2.15
◆ 561	325304391	Watch scratch guard	Ea	\$4.16



561