



# Simple Solutions: Ergonomics For Farm Workers

*U.S. Department of Health and Human Services*

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Farm work is hard work, and farm workers feel the results. Farm workers get backaches and pains in the shoulders, arms, and hands more than any other health problem. A third of the injuries that cause them to miss work are sprains and strains, and a quarter are back injuries. These are also the most common causes of disability.

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