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Sewing and Related Procedures Ergonomics



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Workers involved in sewing activities, such as manufacturing garments, shoes, and airplane or car upholstery, may be at risk of developing [musculoskeletal disorders](#) (MSDs). Sewing-related injuries have been documented in the areas of sewing stations, performing fine work or scissor work, and material handling, among others. This eTool* provides example ergonomics solutions specific to sewing. Select [Ergonomics](#) for general solutions.

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Workers' Rights

Workers have the right to:

- Working conditions that do not pose a risk of serious harm.
- Receive information and training (in a language and vocabulary the worker understands) about workplace hazards, methods to prevent them, and the OSHA standards that apply to their workplace.
- Review records of work-related injuries and illnesses.
- File a complaint asking OSHA to inspect their workplace if they believe there is a serious hazard or that their employer is not following OSHA's rules. OSHA will keep all identities confidential.
- Exercise their rights under the law without retaliation, including reporting an injury or raising health and safety concerns with their employer or OSHA. If a worker has been retaliated against for using their rights, they must file a complaint with OSHA as soon as possible, but no later than 30 days.

For additional information, see [OSHA's Workers](#) page.

How to Contact OSHA

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. OSHA's role is to ensure these conditions for America's working men and

women by setting and enforcing standards, and providing training, education and assistance. For more information, visit www.osha.gov or call OSHA at 1-800-321-OSHA (6742), TTY 1-877-889-5627.

*eTools are web-based products that provide guidance information for developing a comprehensive safety and health program. They include recommendations for good industry practice that often go beyond specific OSHA mandates. As indicated in the [disclaimer](#), eTools do not create new OSHA requirements.

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