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Tattoo Artist Ergonomics: An Educational Video Series

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Tattoo Artist Ergonomics: An Educational Video Series

Adeline Wagner, Steven M. Gerardi OTD, PhD, OTR, Rachel Overberg, OTD, OT, CPACC

BACKGROUND

Tattoo artist work long and unusual hours. While they work for extended periods of time which can be anywhere from 2 to 6+ hours depending on the design and detail of the tattoo (Grieshaber, et al., 2012). Tattoo artists sit in extreme lumbar and cervical flexion to complete their work (Lipe & McKinney, 2023). This along with using repetitive movements in the fingers, hands, wrists, and forearms can cause occupational overuse syndromes (OOS) resulting in musculoskeletal injuries (Abelman, 2020; Kluger, 2017). There is no standardized training for tattoo artists, resulting in limited knowledge of the ergonomic hazards of tattooing among tattoo artists.

PROBLEM

Tattoo artists are not systematically trained in ergonomic principles of injury prevention which predisposes them to develop musculoskeletal injuries.

PURPOSE

To create an educational video series for tattoo artists on ergonomic principles of injury prevention.

METHODS

Data Gathering Phase

- Completed a literature review on ergonomic principles, ergonomic hazards in the workplace, and common injuries in tattooing.
- Interviewed tattoo artists to understand the challenges they face, how long they have been tattooing, and where and how much pain they suffer from

Development Phase

- Gained knowledge in ergonomic principles, assessments, and interventions and translated them to tattooing
- Wrote scripts for each video in the series

Record & Review Phase

- Revised and edited the video scripts from the given feedback
- Started recordings videos
- Shared videos with key stakeholders and peers
- Received feedback from stakeholders and peers
- Revised and edited videos based on feedback

Dissemination Phase

- Publish video series to YouTube
- Present project and experience findings through capstone symposium
- Future project presentation at AOTA, TOTA, and tattoo conferences and conventions

EDUCATIONAL VIDEO SERIES CONTENTS

10 educational videos

<https://www.youtube.com/watch?v=dtBX7hOiBm0&list=PLz6Hx-1PU10x6ZxcK6cwLGBPLqOym6u4q>

Introduction to ergonomic video series

- Introduces what topics that will be covered in the series

Ergonomic risk factors & common injuries

- Definition and importance of ergonomics in the tattoo industry

Ergonomic principles & injury prevention

- Impact of ergonomics on overall health and strategies to prevent burn out and fatigue

Furniture & equipment

- Creating a comfortable and efficient workspace

Lighting, noise, temperature, and vibrations

- Importance of good lighting to reduce eye strain and how the entire environment impacts the body

Posture and positioning

- Proper sitting techniques

Task variation, movement, effort, and load

- Alternating techniques to avoid repetitive strain

Ergonomics beyond the tattoo studio

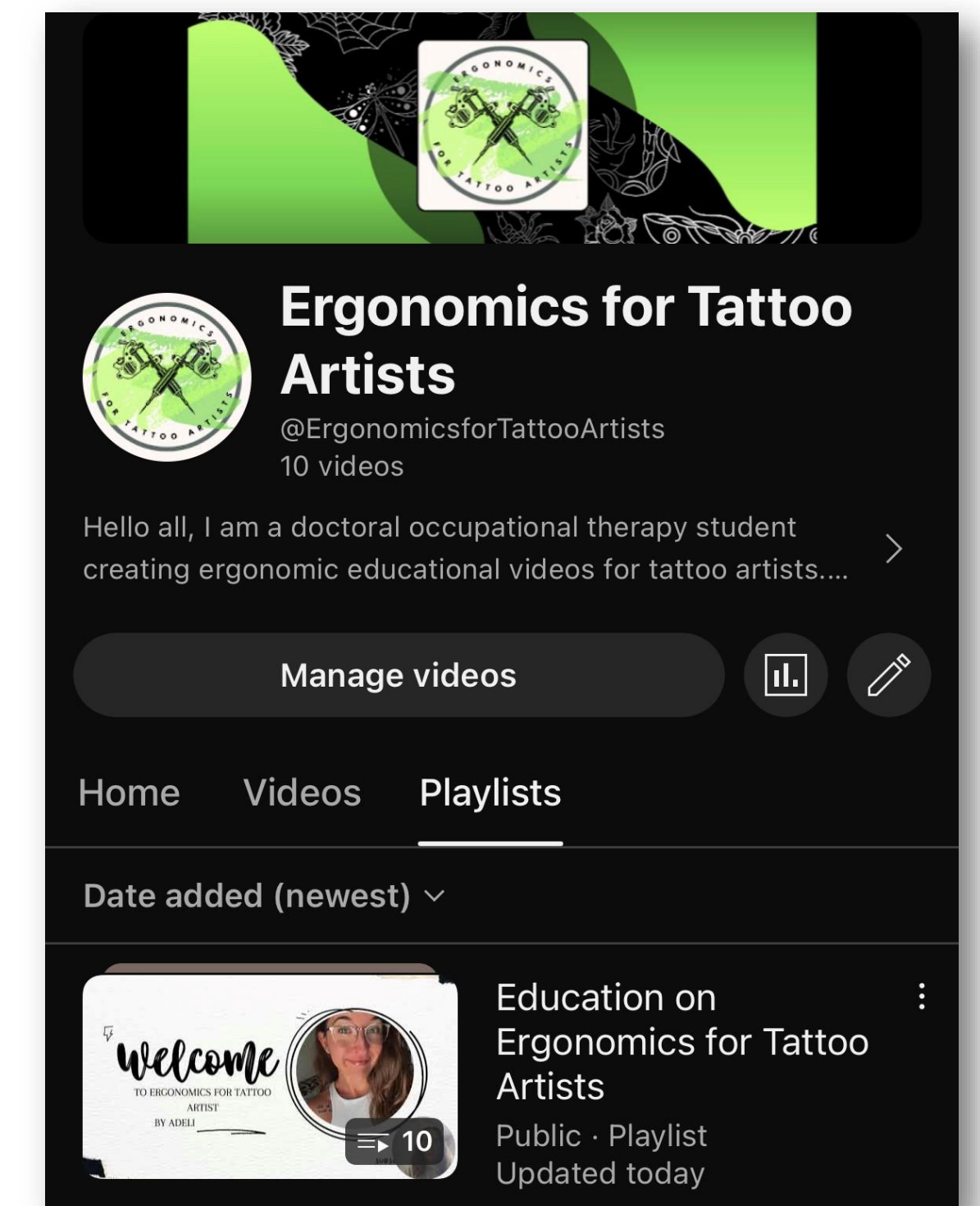
- Ergonomics to various daily activities

Self-assessment: REBA

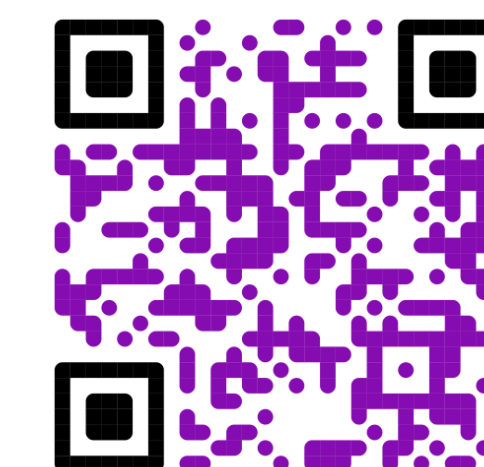
- Worked through one section of the assessment

Additional training and education

- Staying updated on industry advancements



References



YouTube Channel



This Project did not involve human subjects of research and did not require IRB approval