



Ergonomics

Ergonomics involves designing and arranging workspaces so people can work efficiently and safely. Ergonomics is used to evaluate how you do your work to identify any risk factors that might lead to injury, and to find the best solution to eliminate or manage the hazard. Capabilities and limitations are then taken into account to ensure tasks, equipment and the environment suit the worker.

4 Main Ergonomic Risk Factors:

- **Environment:** Risks found within your work environment
- **Equipment:** Risks associated with the equipment you use
- **Work Practices:** Risks caused by work requirements, processes or procedures
- **Individual:** Risks unique to you as an individual, such as physical characteristics, habits and behavior

Ergonomic conditions are disorders of the soft tissues, specifically of the muscles, nerves, tendons, ligaments, joints, cartilage, blood vessels and spinal discs. If you experience pain or injury in your soft tissues, it might be caused by factors such as:

- Repetition
- Awkward posture
- Vibration
- Force
- Contact stress



For more safety tips from the National Safety Council, visit nsc.org.

DID YOU KNOW?

Common ergonomic-related symptoms include:

- Pain
- Swelling
- Tingling
- Tenderness
- Numbness
- Difficulty moving or using an extremity

If you experience any of these symptoms, consult your physician as soon as possible. Common ergonomic problems include bursitis, carpal tunnel syndrome, tendonitis and tension in the neck and shoulders.

Other suggestions to prevent or eliminate ergonomic risk factors:

- Alternate repetitive tasks with non-repetitive tasks at regular intervals
- Increase the number of short breaks you take throughout the day
- Consult a safety professional about your work environment
- Work at a comfortable pace

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