Ergonomics

For use in conjunction with
5-Minute Safety Talk
Ergonomics involves designing and arranging workspaces so people work efficiently and safely.
Ergonomics is used to evaluate how you do tasks and to identify any risk factors that might lead to injury. Then, once identified, the next step is to find the best solution to eliminate risks or manage hazards.
What are Musculoskeletal Disorders?

Disorders that affect the human body’s movement and are specifically of the soft tissues such as:

- Muscles
- Nerves
- Tendons
- Ligaments
- Joints
- Cartilage
- Blood vessels
- Spinal discs
Possible Causes

- Awkward Posture
- Force
- Repetition
- Vibration
- Contact Stress
Common Ergonomic Symptoms Include:

- Tenderness or numbness in soft tissue areas
- Tingling
- Swelling
- Pain
- Sometimes difficulty moving or using the extremity

Contact your human resources representative or safety professional if you are experiencing any of these symptoms. If they are unable to determine the cause of your pain, see your physician or occupational physician.
Ergonomic Risk Factors

Equipment
Risks associated with the equipment you use and proper fit/adjustment such as desk, chair, computer, keyboard, monitor and vibrating machinery such as a jackhammer.
Ergonomic Risk Factors

Work Practices Risks caused by work requirements, processes or procedures, like standing, repetitive motions such as assembly line jobs and skipping breaks.
Ergonomic Risk Factors

Individual Risks that are unique to you as an individual, such as a physical characteristic, habits and behavior (height, fitness, limitations)
Repetitive movements that may be non-strenuous or strenuous can cause musculoskeletal disorders. Some conditions can be brought on by:

• Sudden increase in your workload
• Introduction of a new process to your work routine
• Use of vibrating tools
• Maintaining poor or unhealthy posture
Common Ergonomic Problems

- Bursitis
- Carpal Tunnel Syndrome
- Osteoarthritis
- Tendonitis
- Trigger Finger
- Tension neck/shoulder
To help minimize and possibly eliminate ergonomic risk factors, there are some steps you can take. Be sure to talk with an ergonomics expert to identify what is causing the symptoms and to find solutions to eliminate or reduce risks.
Ergonomic Solutions

- Anti-fatigue mats can help if you’re standing for long periods of time, particularly on concrete surfaces.
- Alternating repetitive tasks with non-repetitive tasks at regular intervals or increasing the number of breaks from repetitive work also can reduce or eliminate ergonomic risk factors you may be subjected to in all facets of your life.
Ergonomic Solutions

✓ Consider alternating different muscle groups – if you have to manually stack items, alternate with periodic rest breaks or more sedentary tasks like entering shipping data into a computer.

Taking appropriate steps could lead to an increase in productivity. You should experience fewer injuries and fewer lost work days.
2-Minute Safety Video
Take a Stretch Break

Click on the image to learn some ergo stretch moves that can help with muscle fatigue, pain and stress.
For more member-exclusive safety presentations, webinars, posters and resources sign in at nsc.org/membership

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