ERGONOMICS
Your Workplace Workout
What is Ergonomics?

In simple terms, ergonomics make things comfortable, efficient & safe.
Ergonomics = Comfort

Be mindful of physical comfort.
Making things comfortable, efficient, and intuitive will make this easier to sustain and more enjoyable to do.

1. Be mindful & take notes on uncomfortable or inefficient daily work tasks/duties you do.
2. Find a solution to make it ergonomically sound!
Ergonomics = Efficiency

**Efficiency** means making something easier:

- Reducing the strength required, making a process more physically efficient (less effort)
- Reducing the number of steps in a task makes it quicker (less time)
Ergonomics = Intuition

*Keep it simple and natural.*

Reducing the amount of training needed makes it more intuitive.
What can I do?
Communicate!

- If your supervisor is unaware of an uncomfortable or inefficient task or duty, it will not be addressed.

- If your daily task is easier to do, you will be more likely to do it efficiently, effectively, and safely.
Take Action!

• Protect Yourself

• Pay Attention
  – Standing Posture
  – Seated Posture
  – Lifting Technique
Muscle imbalances caused by:
repetitive movements,
improper standing posture,
seated posture, or
lifting techniques
....can be avoided, but only if you take action and take care of yourself within your work environment.
Postural Assessment

Sway Back

Lumbar Lordosis

Thoracic Kyphosis

Forward Head

Good Posture

Photo Credit: Massage Therapy Reference
Proper Lifting Techniques

Workplace Athletics

- Carry items close to your body and within the “safe zone” - which is between your knees and chest.
- Lift with your legs, not your back!
- Store heavier items on shelves within the “safe zone”. Example: Not on the floor or higher shelves.
Seated Posture

Sitting properly at your desk/computer is easy to do. Pay attention to your body alignment and muscle activation.

Wrong Sitting Posture

Correct Sitting Position

Photo Credit: Depositphotos
Stretching: Lower Body

- Hold each stretch for 15-30 sec.
- Stretch slowly
- Stop if you feel pain

Photo Credit: RAM Fitness
Stretching: Upper Body

- Hold each stretch for 15-30 sec.
- Stretch slowly
- Stop if you feel pain