

ERGONOMICS

Your Workplace Workout



CHOICE
HEALTH & FITNESS

gfparks
GRAND FORKS PARK DISTRICT

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



Take Action!

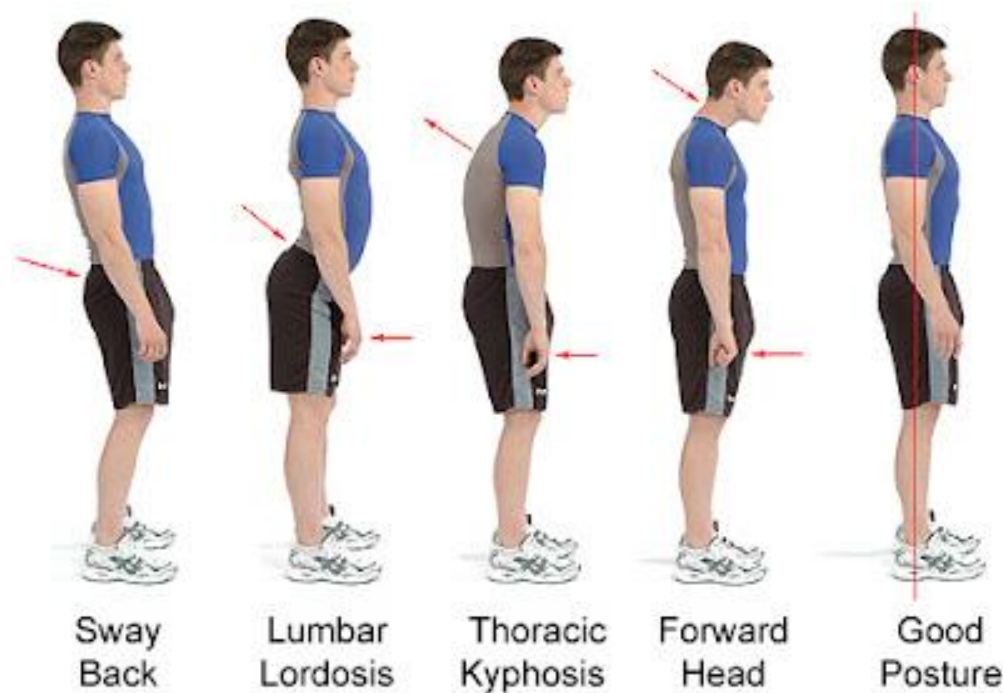
Muscle imbalances caused by....

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.**

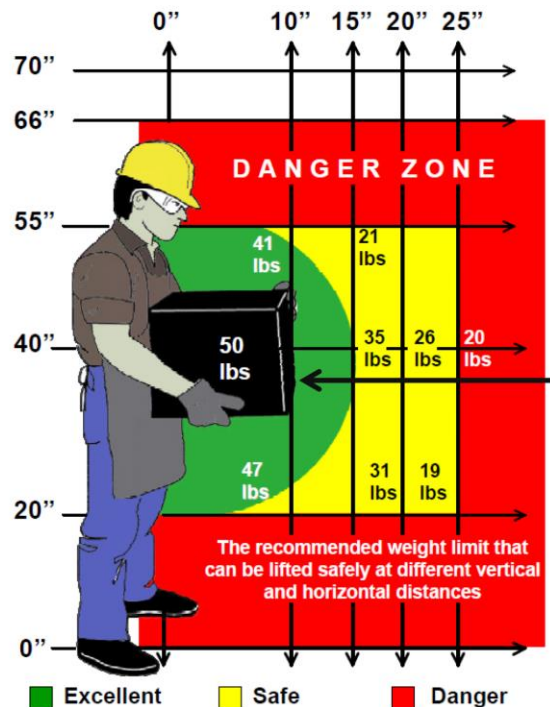


Postural Assessment

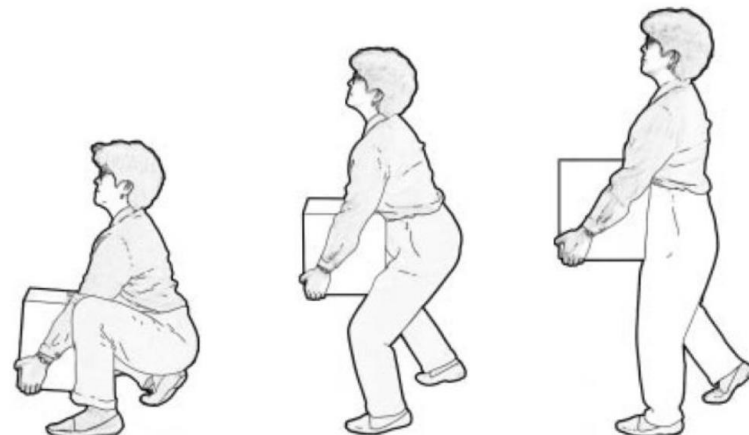


Proper Lifting Techniques

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.

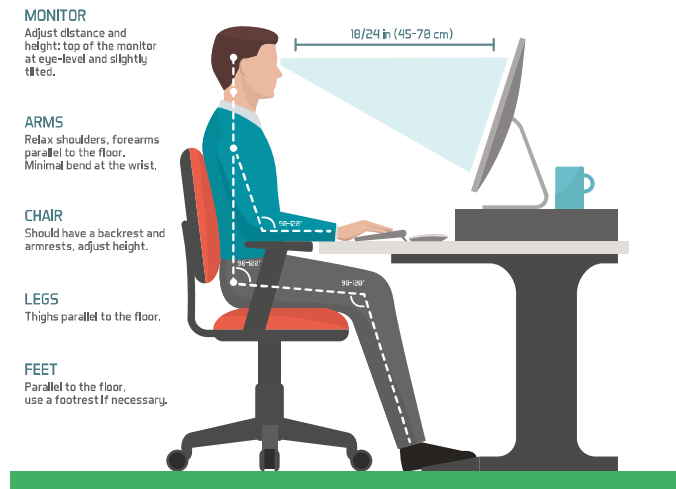


Seated Posture

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

Stretching: *Lower Body*



ABDOMINAL



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



FULL BODY



CALVES, HAMSTRINGS & LOW BACK



QUADRICEPS



CALVES



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



GROIN & ADDUCTORS



GLUTES & LOW BACK

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

Stretching: *Upper Body*



NECK



SHOULDERS



SHOULDERS &
UPPER BACK



CHEST



SHOULDERS &
CHEST



TRICEPS



BICEPS &
FOREARMS



BICEPS &
FOREARMS



LATS



BACK & LATS



OBLIQUES

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

Questions?

ChoiceHF.com
701.746.2790



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