



Ergonomics – Putting People First

The simplest definition of Ergonomics is, “fitting the job to the worker.” Employees should be aware of their current work environment and need to ensure they fit their work environment and around them, not the other way around.

Ergonomics has applications in all parts of life – at work, at home, and at play. At work, ergonomics can reduce the risk of accidents and injuries, reduce general aches and pains, and improve productivity.



Remember:

- Keep moving
- Keep your head directly above your neck
- Limit reaching and avoid leaning
- Don't twist
- Shoulders back and above or slightly behind hips
- Keep your elbows at your sides
- Keep your wrists straight
- Stretch and exercise daily
- Ask for help when needed
- Gadgets are not always ergonomic or necessary
- Always lift properly
- Posture is important everywhere



If things don't seem right – a little pain in the neck, a numbing or tingling sensation, feeling excessively tired at the end of the day - let your supervisor know!