

ERGONOMICS



What is it?

- Ergonomics is the study of how the physical health of workers is affected by their workplace.
- Ergonomics is concerned with such factors as the physical design of the computer workstation such as the keyboard, screens, and hardware devices.

What are RSI's?

■ Definition

- Repetitive Stress Injuries (RSI) are also known as Cumulative Trauma Disorders (CTD), which is an injury that is the result of stress put on your body when performing repetitive tasks.

■ Symptoms

- Pain, numbness, tingling and loss of muscle control and coordination
- Pain felt in wrists, neck, shoulders and upper back

What is Carpal Tunnel Syndrome?

- CTS occurs when a nerve in the wrist is used over and over with the wrong equipment, causing stress in the nerves and tissues in the wrists.
- Wrist is unable to move properly, and the person suffers a great deal of pain, usually requiring surgery to correct.
- Can be prevented by using a wrist support and keeping your wrist in the correct position.



TIPS FOR AN ERGONOMIC WORKSTATION

- Use a good chair and sit back , feet comfortably on the floor
- The top of your monitor should be 2-3" above your eyes or locate the first line of print at or slightly below your seated eye level (Lower the monitor if you wear bifocals)
- Prevent glare on your screen
- Sit at arms length from your monitor
- Keep your feet on the floor or use a footrest
- Use a document holder
- Keep your wrists flat and straight
- Keep your arms and elbows close to your body
- Center your monitor and keyboard in front of you
- Use an adjustable keyboard tray with a negative (backward) tilt if possible
- Use a stable work surface
- Take frequent short breaks

How do Employers Benefit?

- Employees are much happier
- Healthy employees have fewer sick days
- Good working relationships
- Productivity is increased
- Employees less apt to quit



How do Employees Benefit?

- Prevents injuries from occurring that could be depilating
- Healthier working conditions, improve the mood of the employee
- Miss fewer days, and avoid losing pay

