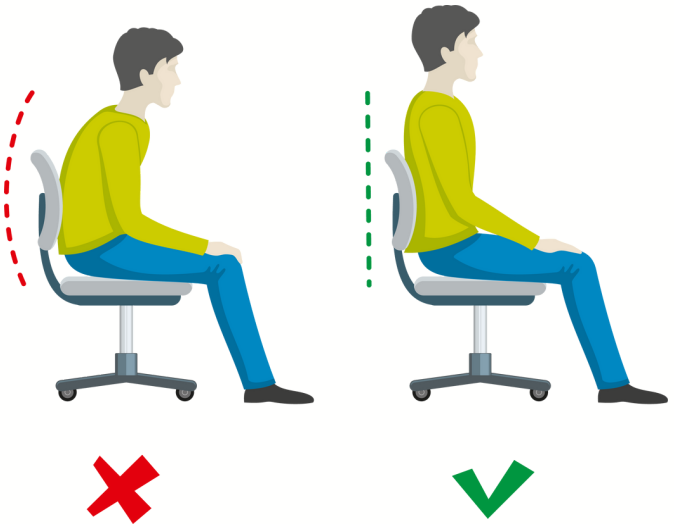


ERGONOMICS



Ergonomics is the study of people in their working environment.

Causes of Ergonomic Injury

Repetitive work in awkward posture or stationary position



Prolonged working hours



Existing musculoskeletal disease

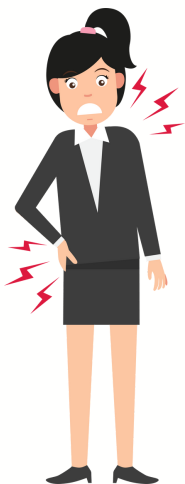


Facts of Ergonomics

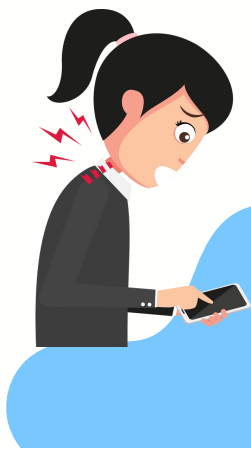
Most workers feel uncomfortable in their sitting position



Back injury is the most common ergonomic injury

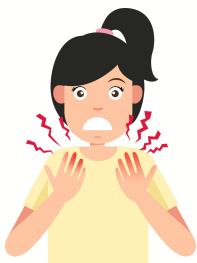


Ergonomic injury makes up 33% of the worker injury or illnesses



Symptoms of Ergonomic Injury

Pain which may be dull and aching, sharp and stabbing or burning sensation



Tingling, numbness, swelling, or inflammation

Decreased range of motion or discomfort making certain movements



Muscle weakness or discomfort, tightness, loss of coordination

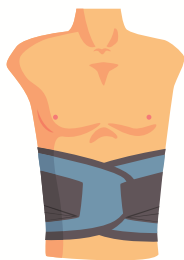
Treatment of Ergonomic Injury

Heat treatment



muscle relaxants,

compression



Physical Therapy

Prevention

Modify the work to fit the worker, not the other way around. The goal is to eliminate discomfort and risk of injury due to work.



Use neutral posture, rotate tasks to avoid overwork of muscles, ensure correct posture for lifting procedures

Use of ergonomic office chairs



Incorporate stretching throughout the day and stand-up/walk around every hour.

