

What is your Ergonomics I.Q.?


1.8 million workers each year suffer from ergonomic injuries.

Source: United States Department of Labor OSHA website.



In **ERGONOMICS** people and the objects they used are viewed as one unit, blended together.

Source: instabriefs.com

 The study of ergonomics as a way to reduce human error began in the military during the Korean War.

In planes used for pilot training, the eject button was poorly placed and pilots sometimes accidentally ejected themselves—often at too low an altitude for their parachutes to open.

The button's location was changed and fewer lives were lost.



Source: encyclopedia.com

Desk or Work Surface Areas

The location of frequently-used (keyboard, phone, and mouse) should remain within the repetitive access (primary work zone).



Source: osha.gov website

Ergonomics covers all aspects of a job, both physical stresses and environmental factors.

Source: OSU Environmental Health & Safety website

Neutral Body Positioning



- is a comfortable working posture in which your joints are naturally aligned
- reduces stress and strain on the muscles, tendons, and skeletal system and reduces your risk of developing a musculoskeletal disorder

Source: osha.gov website



The practice of ergonomics is considered to be a science.

It involves the designing of machines, products, and systems to best maximize safety, comfort, and efficiency for those who use them.

Source: instabriefs.com

Most common signs of ergonomic injuries:

- Pain
- Swelling
- Numbness
- Tingling
- Tenderness
- Clicking
- Loss of grip strength



Source: nsc.org National Safety Month web page.



Executive:
280 Summer Street
Suite 400
Boston, MA 02210
P 857-317-3354
F 857-317-3355

Sales:
4435 Main Street
Suite 820
Kansas City, MO 64111
TF 877-853-5518
P 816-581-7001
F 816-581-7005

Manufacturing:
1300 Lundberg Drive West
Spirit Lake, IA 51360
TF 800-843-4395
P 712-336-4395
F 712-336-2874

www.brownmed.com