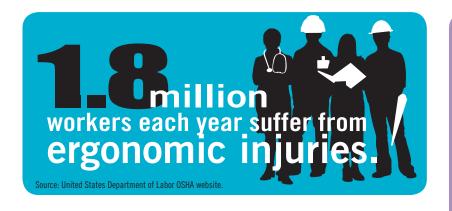
What is your Ergonomics I.Q.?



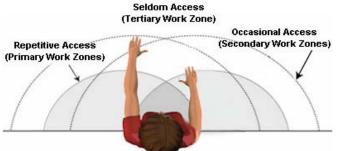
ERGONOMICS people and the objects they used are viewed as one unit. blended together.

Source: instabriefs.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

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



- Source: osha.gov website
- 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



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
- Numbness
- Tenderness
- Clicking

Swelling

Tingling

Loss of grip strength

Source: nsc.org National Safety Month web page.



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