What is your **Ergonomics I.Q.**?

1.8 million workers each year suffer from ergonomic injuries.

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

**Desk or Work Surface Areas**
The location of frequently-used (keyboard, phone, and mouse) should remain within the repetitive access (primary work zone).

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

**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

**Most common signs of ergonomic injuries:**
- Pain
- Numbness
- Tenderness
- Loss of grip strength
- Swelling
- Tingling
- Clicking

**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.**

**The practice of ergonomics is considered to be a science.**

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

**Source:** osha.gov website

**Source:** OSU Environmental Health & Safety website

**Source:** instabriefs.com

**Source:** encyclopedia.com

**Source:** United States Department of Labor OSHA website.

**Source:** nsc.org National Safety Month web page.

**Source:** rsc.org National Safety Month web page.

**Source:** www.brownmed.com

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