

February 22, 2022

## ERGONOMICS FOR ALL

What is the definition of ergonomics: “An applied science concerned with designing and arranging things people use so that the people and things interact most efficiently and safely. – also called biotechnology, human engineering, human factors” (Webster’s Dictionary). Ergonomics is the principle of fitting the job to the worker -NOT the worker to the job!

Most jobs share some ergonomics solutions, such as; chairs which are properly adjusted, computer equipment (monitor/keyboard/mouse) positioning, lifting, bending, repetitive motions, etc., while others jobs can have very unique needs (driving, food preparation, custodial, maintenance, etc.).



INCORRECT CORRECT



INCORRECT CORRECT



Some additional tips include:

- Take micro breaks,
- Look 20 feet away for 20 seconds every 20 minutes
- Stay hydrated
- Stretch before and during work
- Wear proper footwear
- Use anti-fatigue mats while standing
- Alternate your stance several times per day: stand then sit - sit then stand

What can you do in your job to *improve your comfort* and help eliminate stress on your muscles, joints, eyes, etc.?

Your NCESD Safety Team is prepared to assist you with your ergonomic assessment and needs - give us a call!

Additional ergonomic information on specific jobs are available on the NCESD website (Safety Services): <http://www.ncesd.org/service/workers-compensation/safety-matters/>

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