

Workplace Ergonomics

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1. Definition

- Ergonomics is the science of designing work environments, tools, and tasks to fit the physical capabilities and limitations of workers.

2. Common Ergonomic Hazards

- Poor posture at desks, repetitive motion (e.g., typing, assembly line work), awkward lifting, and prolonged static positions.

3. Musculoskeletal Disorders (MSDs)

- Injuries to muscles, tendons, and nerves (e.g., carpal tunnel syndrome, lower back pain) caused by poor ergonomic conditions.

4. Good Ergonomic Practice

- Adjustable chairs and desks, proper monitor height, correct lifting technique (bend knees, not back), and regular breaks/stretching.

5. Benefits of Good Ergonomics

- Reduced injury rates, improved productivity, higher employee comfort and morale, and lower long-term healthcare costs.

6. Assessment

- Employers should conduct ergonomic assessments of workstations, especially for roles involving repetitive tasks or heavy lifting.