

# Ergonomics in the Workplace

## What Is Ergonomics?

Ergonomics is the study of people's efficiency in the workplace. It focuses on how our environment interacts with our work. It looks for ways to adjust our environment in order to decrease the risks of injury and illness, enhance productivity, and improve the quality of our work life.

## The Goals of Ergonomics

- Reduce work-related injury and illness
- Help contain workers' compensation costs for employers
- Improve productivity in the workplace
- Improve the quality of work
- Reduce absenteeism
- Help employers comply with government regulations regarding work environments

## Ergonomic Strategies

1. *Adapt the workplace to the worker*
2. *Support work in the way it is done.* Appropriate support of work styles and practices should be provided.
3. *Optimize support for the primary task.* Work surfaces should be solid and large enough to support the primary task that is required.
4. *Provide appropriate user control.* Control over their workplace is important to workers' sense of satisfaction and performance.
5. *Emphasize ease of use.* Adjustments, control motions, connects and disconnects should be easy to use.
6. *Provide for Personalization of Space.*
7. *Train people in the proper use of equipment.* Ergonomics may seem intuitive, but people still need to be shown how to use features and understand how some behaviors increases risk of injury

\*The best workplace is only effective if people know how and why to use it.