

HEALTHY ERGONOMICS

September 2024



This awareness document aims to provide knowledge and raise awareness on how to arrange the work environment most effectively.

By improving the office work environment, we can reduce the risks associated with using display screen equipment and office tools.

Healthy Ergonomics

What is Ergonomics?

Ergonomics is about fitting the workplace to the worker, enhancing comfort, safety, and productivity.

Importance of Ergonomics:

The application of ergonomics can:



Support job readiness.



Improve health and safety by reducing ergonomic risk factors and work-related injuries and disorders.



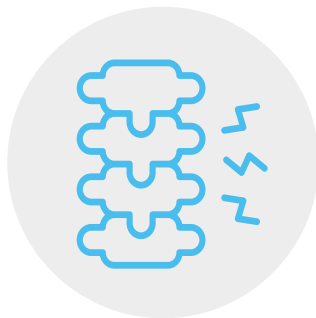
Enhance comfort, morale, productivity, and job satisfaction for employees.



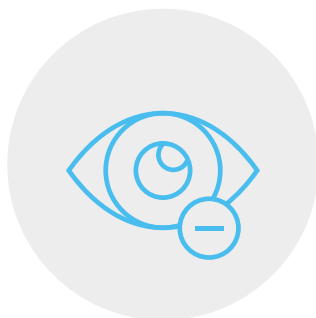
Reduce workers' compensation costs and absenteeism.

Health Risks Associated with poor Ergonomics

Health Risks Associated with poor Ergonomics



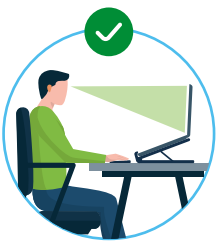
Musculoskeletal disorders lead to back, shoulder, neck, or wrist aches and pains.



Visual discomfort, eye strain, and headaches.

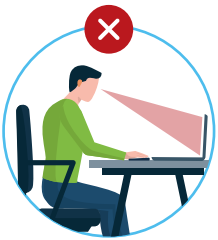
How to Mitigate Ergonomic Risks

Ensuring your workspace fits your body will help avoid work-related injuries such as back strain. Even a few adjustments can make a significant difference:



1. Set up your monitor:

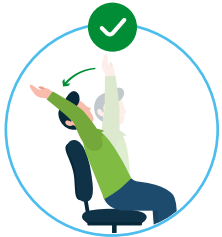
It should be no more than an arm's length away, with the top level with your eyes. You should not need to twist your neck to view it.



2. Adjust your chair:

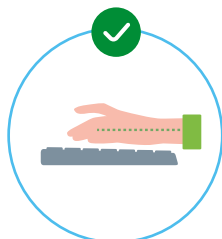
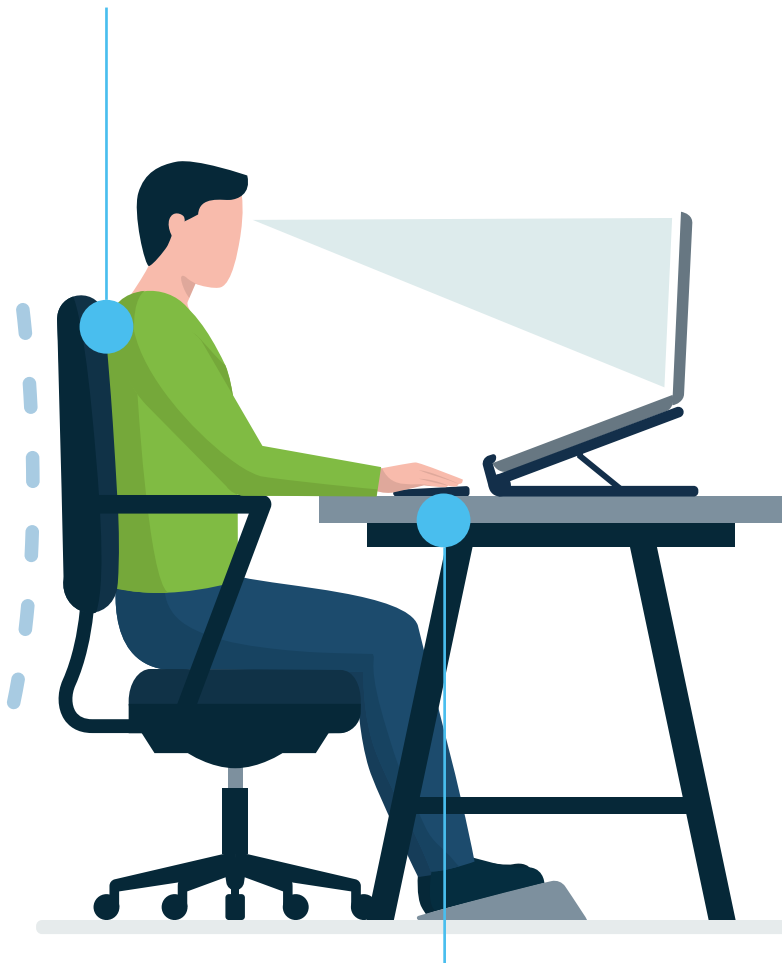
Ensure your feet rest flat on the floor and that the chair supports your lower back.

How to Mitigate Ergonomic Risks



3. Stretch regularly:

Regular stretching can help alleviate muscle strain.



4. Position your keyboard and mouse:

They should be an inch or two from your thighs, with your elbows and wrists in a straight line as you work.

