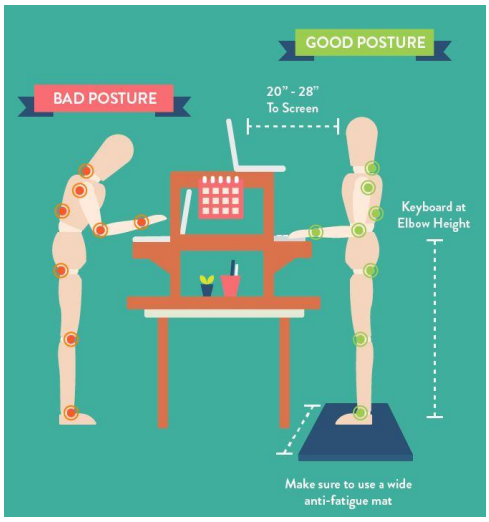
General Ergonomics Quick Tips

Many chronic stresses and fatigues occur from combinations of inefficient biomechanics, posture, and workstation layout. Aligning these factors increases productivity and reduces stress/fatigue,

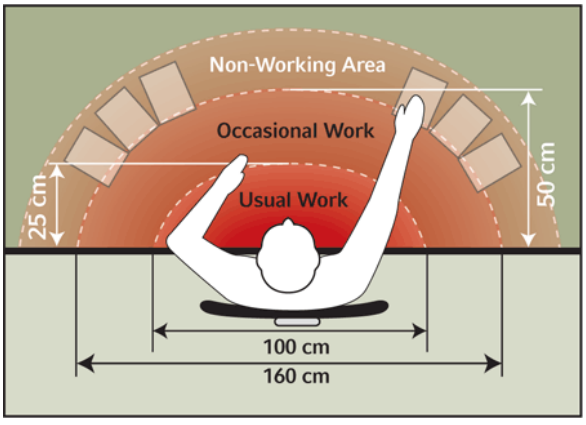


Standing, Walking, Hiking

- ✓ Use appropriately supportive & functioning footwear
- ✓ Tie footwear firm and comfortable to your feet
- ✓ Use high quality Anti-Fatigue shoe inserts
- ✓ Find time to take short breaks off your feet
- ✓ Utilize Anti-Fatigue Mats

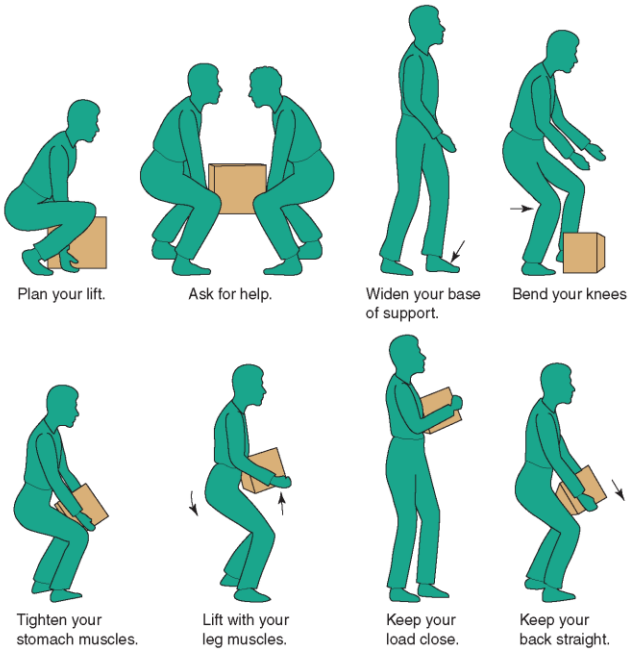
Generally Good Ideas for Posture & Tasks

- ➢ Tuck shoulder blades down & in towards your spine
- ➢ Draw-In belly button to spine, tighten abdomen
- ➢ Reset head/neck, periodically tuck chin to neck
- ➢ Items used most frequently should be within immediate reach without bending/twisting.
- ➢ Rotate jobs/tasks every 90-120 minutes
- ➢ Be Creative: use tools, technology, equipment, and peers to make tasks easier



Lifting, Moving, Hauling

- ❖ Stretch/Warm-Up before physical activity
- ❖ Bend your knees, lift with your legs & hips
- ❖ Pivot with your feet, do not twist your back
- ❖ Elbows should be relaxed at your sides
- ❖ Forearms should be approximately parellel
- ❖ Ensure a firm grip to control object
- ❖ Hug objects close to body



Seated Workstations

- Eyeline should be at top of the screen
- Elbows should be relaxed at your sides
- Forearms should be parallel
- Wrists should be straight on keyboard/mouse
- Low back should be supported
- Feet should be firmly supported
- Reset your eyes, periodically glance at something far away from your terminal

The Back School. *Multiple Courses*. Atlanta, GA. https://thebackschool.net/online-courses

Yates, D. (2020). Safety Professional's Reference & Study Guide 3rd Ed. Boca Raton, FL. CRC Press.

OSHA Ergonomics. https://www.osha.gov/ergonomics