

what is Ergonomics ?

Ergonomics is...

The study of work. The goal of ergonomics is to make work conditions comfortable and to improve health & safety.

The workplace includes three main areas:

- Physical - The effect on muscles and the skeleton
- Emotional - Psychological needs
- Environmental - The effect of air, lighting, sound etc.

Health Care Costs And Work Related Injuries Are Increasing

The facts according to the European Agency for Safety and Health at work are

- 30% of workers complain of back pain
- 17% complain of muscular pain
- 45% reported working in painful or turning position

The Benefits To Employers Are As Follows:

- Reduce employee absenteeism
- Reduce staff turnover
- Increase productivity and company performance
- Reduce future claims

Risk Areas

- Eyes
- Neck and Shoulders
- Back
- Wrists
- Legs

