ERGONOMICS
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What is it?
- Adjusting the work environment to the employee’s body

Why it’s important:
- Musculoskeletal Disorders
  - Wrist
  - Shoulder
  - Elbow
  - Lower Back
  - Neck
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Musculoskeletal Disorders
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Loss of Productivity

Fatigue

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Causes
- Repetitive motion
- Prolonged exposure
- Insufficient breaks
- Lifting related

Symptoms of exposure:
- Numbness
- Burning
- Pain
- Tingling
- Aching
- Stiffness
- Redness
- Loss of Color
- Swelling
- Loss of Function
- Decreased Range of Motion

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- Prevention
  - Recognizing hazard or symptom
  - Self Assessments
  - Work Practices

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ERGONOMICS: PREVENTION

- Recognizing hazards or symptoms
  - Training
  - After hours vs. On duty
  - EHS Ergonomic assessments
  - Unused or improperly used Ergo equipment
ERGONOMICS: PREVENTION

Self Assessments

- Furniture: will it work?
- Proper position:
  - Chair
  - Keyboard & Mouse
  - Monitor
  - Work Station
- Personal Health: Are you in shape enough to sit in a chair?

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ERGONOMICS: PREVENTION

Chair
- Height = Knees at 90º, feet flat on ground
- Armrest down and out of the way
- Lumbar at waistline
- 1 inch of clearance behind knee (from pan)

Monitor
- Top even with eyes
- Resolution large enough to see
- 18-30 inches away
ERGONOMICS: PREVENTION

- **Keyboard & Mouse**
  - Shoulder/upper arm straight down
  - Elbows at 90°
  - Wrist flat, forearm slightly down-angled
  - Mouse on same level as keyboard
  - Letter B centered on belly button and monitor

- **Workstation**
  - Good lighting
  - Phone within reach

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ERGONOMICS: PREVENTION

Work Practices
- Are you taking enough breaks?
- Are you stretching?
- Are you putting in too much overtime?
- Do you get out? Do you get fresh air?
- Are you hydrating?
  - Hydrating is one of the biggest changes you can make on a daily basis. Drink plenty of water.
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Specialized chairs

- Not authorized at UAA
- Have greater risk of injuring an employee than regular chair
- Cannot be purchased with UAA money
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⚠️ Your health depends on you!

⚠️ Take the initiative

⚠️ Contact EHS for assessments
  - Doug Markussen / 786-1335
  - Nick Dighiera / 786-1178