



Ergonomics



Ergonomics is the study of workplace equipment design or how to arrange and design devices, machines, or workspace so that people and things interact safely and more efficiently by reducing stress and strain on it while performing required tasks.

The Student is able to demonstrate safe and correct performance of the following:

1. Identifies ergonomic hazards
2. Understands types of injuries improper attention to ergonomic hazards can cause:
 - a) Strains and sprains—A poorly-designed workstation can result in twists, turns and uncomfortable movements.
 - Ensure that there is enough desk space to accommodate materials and equipment that are part of the job>
 - b) Injuries sustained while lifting and stretching—Lifting heavy objects can cause serious injuries, but failing to lift objects of any weight properly can also result in injury.
 - Ensure that proper methods are used when lifting and stretching.
 - c) Repetitive strain injury—Individuals can sustain repetitive strain injuries by working workstations that are not properly adjusted. Repetitive injuries are particularly chronic problems that could result in permanent disability.

Date	Sign-off	Notes



Ergonomics Checklist



The Student is able to demonstrate safe and correct performance of the following:	Date	Sign-off	Notes
1. Ensures workstation fits individual.			
2. Rest breaks provided to workers performing tasks that require prolonged raising of the arms, pressure points on the wrists, forearms to relieve stress from repetitive motions.			
3. Keeps workstation ergonomically sound and efficient.			
4. Keeps work area well lit.			
5. Organizes workspace to minimize uncomfortable movements e.g.: twists, turns.			
6. Ensures work space accommodates necessary materials and equipment.			
7. Identifies ergonomic hazards before work begins.			
8. Follows proper procedures/programs/methods to eliminate or reduce risk of ergonomic-related injury.			
9. Ensures all actions taken ensure appropriate level of health and safety are in place.			