



Safety Meeting

Ergonomics

EDM Services, Inc.

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What is Ergonomics...

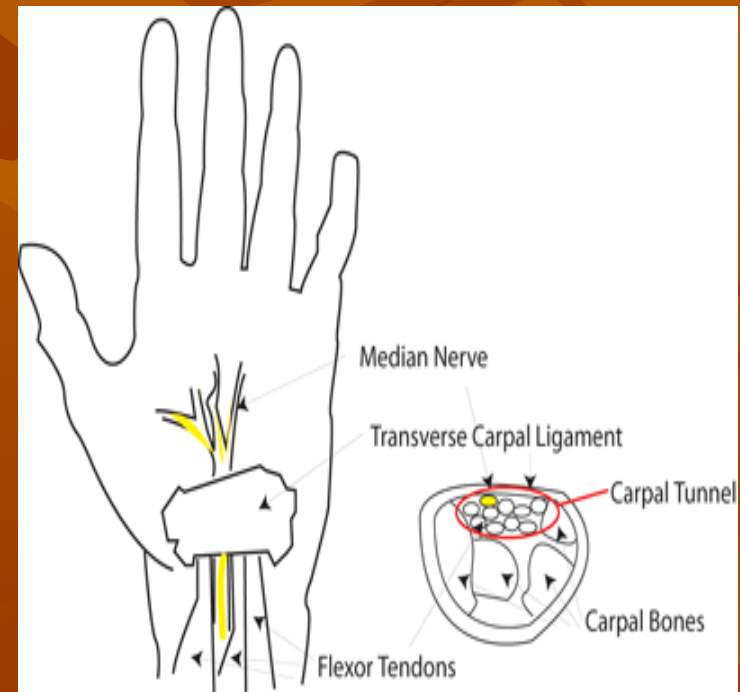
- Ergonomics means in simple terms “the science of making things comfy”.
- It makes products and tasks comfortable and efficient for the user.
- The purpose of ergonomics in the workplace is to create a better match between the worker, the work they perform, and the equipment they use. A good match increases worker productivity and reduces ergonomic injuries.
- 34% of all lost workday injuries and illnesses are work related musculoskeletal disorders (WMSD).
- Factors that contribute to WMSD include:
 - * Force
 - * Repetition
 - * Posture
 - * Temperature
 - * Vibration
 - * Duration
 - * Non-work related issues

Work Related Injuries

- The most common work related injuries are...
 - Repetitive Stress Injuries
 - Back Injuries
 - Falls
 - Tendonitis
 - Cumulative Trauma Disorders
 - Carpal Tunnel Syndrome
(most common CTD)

Carpal Tunnel Syndrome

- Is a compression of a key nerve in the wrist
- Occurs when the median nerve becomes pressed or squeezed at the wrist
- Symptoms include pain, weakness, or numbness in hand & wrist, radiating up the arm
- As it worsens symptoms increase to tingling, decreased grip strength, difficult to make a fist & grasp small objects
- Treatment includes resting the affected hand and wrist for at least 2 weeks, avoiding activities that may worsen symptoms, immobilizing the wrist in a splint to avoid further damage from twisting or bending
- Recurrence of carpal tunnel syndrome following treatment is rare. Majority of people recover completely



OPTIMAL PERSONAL COMFORT

Monitor centered directly
In front of eyes

Hands & wrists are in a straight line with
Forearms (not bent up or down)

Head, neck and shoulders
Are positioned forward and
upright (not bent or turned)

Source documents
Positioned close to
Monitor screen for
Easy viewing



Shoulders and arms are
roughly perpendicular
to the floor, elbows are
held close to the sides

Adjustable keyboard
tray & chair allow
ample clearance
between thighs &
keyboard tray

Chair offers lower
back support

Seat offers adequate
padding, width and
depth for personal
comfort

Thighs are roughly parallel to the
floor; lower legs are roughly
perpendicular to it

Feet rest firmly on
floor or foot rest

Clearance between back of knees
And chair should equal 2"

Space under desk is clear to allow
legs room to move & stretch

Tips for Ergonomic Safety

- Get a good nights sleep!
- Eat healthy foods & drink fluids to boost energy.
- Exercise-aerobic exercise & weight training will increase strength and vitality. Stretching, yoga and pilates improve flexibility and build core body strength.
- Don't slouch! This can lead to poor posture, sloppy, uncontrolled movements and injuries.
- Alternate your work activities and postures throughout the day.
- Take frequent micro, mini & short breaks

Tools that can Help

Adjustable chairs provide posture support



Wrist supports for your keyboard



Ergonomic mouse controls



Computer stand and keyboard tray



Foot rest for leg support

