

ERGONOMICS

**Workstation Evaluations & Trainings
are Available for YOU!**

WHAT IS ERGONOMICS?



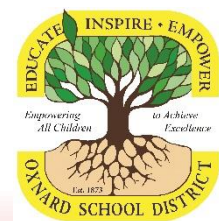
Ergonomics is designing a job to fit the worker so the work is safer and more efficient.

Implementing ergonomic solutions and training can promote a more comfortable work environment and increase productivity.

WHY IS ERGONOMICS IMPORTANT?

Ergonomics helps improve and eliminate the physical risks that impact your body. Awkward posture, movement, and work equipment are some of the items addressed during an evaluation to help improve the stresses that affect your musculoskeletal system. The Ergonomics Program strives to prevent symptoms such as fatigue, discomfort, and pain due to work stressors. Being proactive, instead of reactive helps prevent injuries and improve work processes!

The Ergonomics Program helps you stay healthy as you perform your job.



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