

Title:

Ergonomics In The Workplace

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788

Summary:

As the number of employees who work in an office environment increases, so do the number of co

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ergonomic, cool mouse, ergo keyboard, ergonomics

Article Body:

As the number of employees who work in an office environment increases, so do the number of co

Many people are not aware of the very, very significant benefits of an ergonomically correct w

- Workstation design
- Temperature
- Lighting
- Noise
- Shift Work
- Breaks
- Meals
- Machine Design

In the past, problems associated with Repetitive Stress Injury and Carpal Tunnel Syndrome, wer

There are a number of benefits to working in an ergonomically-correct environment. They includ

- Peaces of mind, knowing you are working in safe, healthy conditions
- Increased productivity due to an elevated comfort level
- Lower occurrences of employee absence due to injuries from afflictions such as -RSI and CTS
- Lower instances of workers compensation claims due to repetitive stress injuries

Setting up an ergonomically correct workplace is not as hard as most would think. Taking small

Cost is often an issue, but you don't have to spend too much at one time. For example, employe

Some of the main culprits that contribute to an unhealthy working environment include:

- An ergonomically-incorrect chair that does not provide proper back and leg support, leans ba
- A workstation that sits too high or too low
- A mouse that does not provide zero to no tension
- A support for your wrist for when you are using the mouse
- A telephone with no neck support to keep from leaning into the phone and straining your neck
- A keyboard that is ergonomically incorrect with a design that causes you hands to constantly
- Low lighting that causes you to strain your eyes
- Sitting too long in one spot
- No foot support, which will allow your legs to be elevated to a proper angle

All of these culprits are easily solved by a combination of an ergonomically correct work environment.

Some steps that your employer can take include:

- Providing proper office equipment
- Conduct employee training on proper ergonomic practices
- Conduct periodic inspections of equipment to ensure everything is working properly

In addition to these steps, you can do things as well to ensure your own health. These steps include:

- Take frequent breaks
- Speak up if you are uncomfortable, having physical problems due to ergonomically incorrect conditions
- Be sure that all aspects of your workstation are in line with proper ergonomic procedure
- Listen and actively participate in ergonomic workplace training
- Keep detailed information on any ailments you've received as a result of an ergonomically incorrect workstation

The combination of you and your employer's knowledge of the importance of an ergonomically correct workstation can make a big difference.

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