

# PRESENTATION ON ERGONOMICS



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# ERGONOMICS-What is it?

Derived from two Greek words:

- “Nomoi” meaning natural laws
- “Ergon” meaning work

Hence, ergonomists study human capabilities in relationship to work demands

# Definition.....

Ergonomics is the study of the relationship between the employee and the work place. It is a developing body of knowledge whose goal is to provide and maintain a healthy “user friendly” environment. Properly applied, ergonomic principles support each person's desire to find a zone of individual comfort.

# Examples of Ergonomics

- Adding/using carts
- Raising/Lowering shelf heights
- Ergonomic tool
- Lift devices
- Machinery
- Safety shoes, non slip floors
- Anti fatigue mats
- Stools

# Domains

- The International Ergonomics Association (IEA) divides ergonomics broadly into three domains:
  - Physical ergonomics
  - Cognitive ergonomics
  - Organizational ergonomics

# 3 Main Ergonomic Principles:

- **Work activities should permit worker to adopt several different healthy and safe postures.**
- **Muscle forces should be done by the *largest appropriate* muscle groups available**
- **Work activities s/b performed with joints at about mid-point of their ROM (esp. head, trunk)**

# Ergonomic Problems

# The main causes are:

Awkward posture

- Frequent repetitive motion tasks
- Stress at workplace
- Vibrations
- Forceful movements
- Poor workplace setup
- Sitting in same posture for continuous long hours
- Lower back support is inadequate

# Symptoms of Ergonomic Problems

Pain in wrists, forearms, elbows, neck, or back followed by discomfort

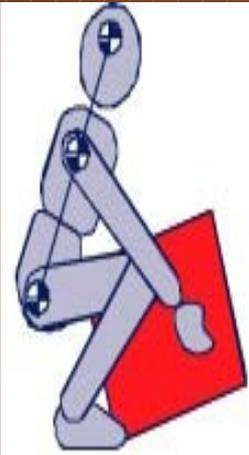
- Dry, itchy, or sore eyes
- Blurred or double vision
- Cramping
- Numbness or a burning sensation in the hand
- Reduced grip strength in the hand
- Swelling or stiffness in the wrist joints
- Reduced range of motion in the shoulder, neck, or back
- Weakness
- Tension stress headaches and related ailments

# What to do ??

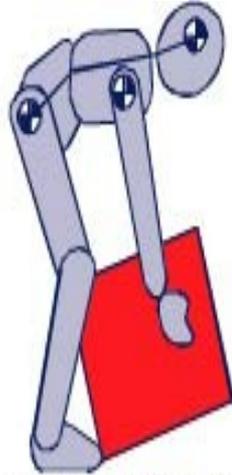
PREVENT, PREVENT, PREVENT !!!

- ❖ Warm up & stretch before activities that are repetitive, static or prolonged
- ❖ Take *frequent breaks* from ANY sustained posture every 20-30 minutes
- ❖ Respect pain- positions or stop painful activity
- ❖ Recognize early signs of inflammatory process,
- ❖ Maintain Neutral Posture

# Correct & Incorrect Techniques



*Correct lifting technique*



*Incorrect lifting technique*



**The wrong way!**



**The right way!**

# ERGO REMINDERS

Ergo Reminder™

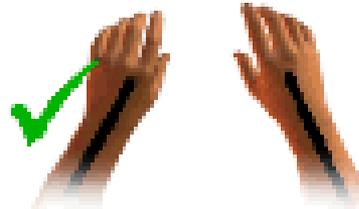
Keep your  
elbows close  
by your side.



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Ergo Reminder™

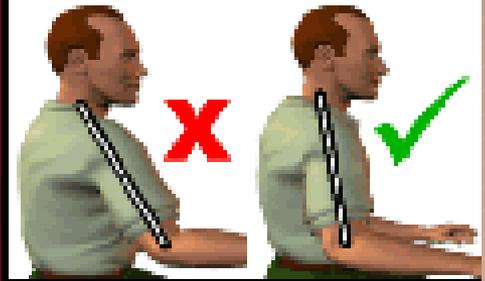
Keep your wrists  
comfortably straight.



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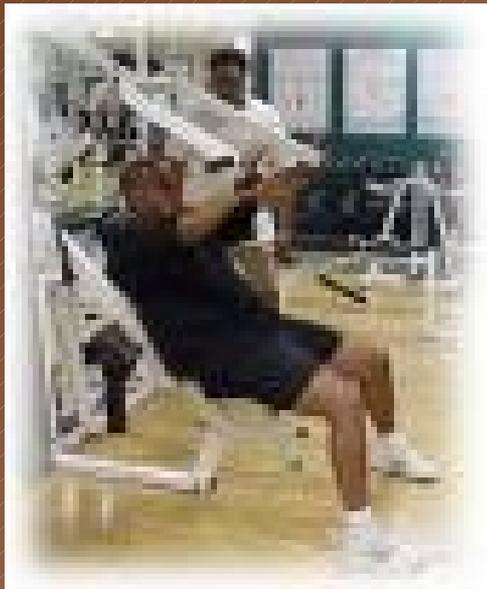
Avoid reaching out  
for the mouse or  
keyboard.



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# Practice Wellness at Work and Home !

**Exercise**



**Nutrition**



**Relaxation**



**Spirit**

**Mind**

**Body**

# MOVE

**Ergo Reminder™**

Take a walk to deliver a message in person.



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# STRETCH

Stress Tips from the Field...

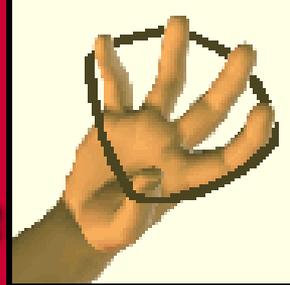
**Don't Forget to Breathe**



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B  
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An ounce of Prevention is worth a pound of cure!



Ohhhhhh.....I shouldn't have eaten that mouse

THANK YOU!!!!!!!!!!!!