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.
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
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

Keep your elbows close by your side.

Keep your wrists comfortably straight.

Avoid reaching out for the mouse or keyboard.
Practice Wellness at Work and Home!

Exercise
Body

Nutrition
Mind

Relaxation
Spirit
MOVE

BREATHE

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

Ohhhhhhh.....I shouldn't have eaten that mouse
THANK YOU!!!!!!!!!!