What is the Ergonomics?

The term "ergonomics" is derived from two Greek words: "ergon," meaning work, and "nomoi," meaning natural laws. Ergonomists study human capabilities in relationship to work demands.

Instead of the machines we still have a lot of manual works, and a consequence of that he have a lot of injuries and aches from our back, neck, wrists, arms, legs and even the eyes.

The ergonomics is used to define how to design or adapt a work place to prevent these injuries. A basic example would be to raise a table instead of the worker go down for it.
Ergonomics on your Workstation

1. The top of your monitor should be at eye level, and directly centered in front of you. It should be about an arm's length in front of you.

2. Your desk surface should be at roughly belly button level. When your arms are placed on the desk, your elbows should be at a ~90 degree angle, just below the desk surface. The armrests of your chair should be at nearly the same level as the desk surface to support your elbows.
Ergonomics on your Workstation

3. Your feet should be flat on the floor with your knees at a ~90 degree angle. Your seat should not be pressing into the back of your knees; if necessary, tilt it slightly forward to alleviate any knee pressure. Sit fully back in your chair, with your back and shoulders straight and supported by the back of the chair.

4. When typing, your wrists should be in line with your forearms and not bent up, down, or to the side. Your keyboard should be directly centered in front of you. Other frequently used items should be nearby, within arm's reach.

When it comes to computer workstation ergonomics, these are the most basic, most commonly repeated guidelines. Ergonomics is a discipline, not a science, so your results may vary.
Vista
Fatiga ocular que provoca dolores de cabeza y dificultad para la concentración.

Microtraumatismos por tensión repetitiva
Por ejemplo síndrome del túnel carpiano.

Columna vertebral
Malas posturas provocan cervicales y dolores en la parte inferior de la espalda.

Músculos
Circulación sanguínea reducida, músculos cansados y dolorosos.

Circulación sanguínea
Presión que genera hormigueo y entumecimiento de las piernas.
Causes

Many workers often can’t choose their work conditions that are terrible, which can hurt their hands, wrists, backs, etc. The causes of these injuries could be:

• Repetitive work with vibrating tools like hammers.
• Handtools that spin a lot.
• Bad Postures
• Excessive pressure on hands, wrists, backs, etc.
• Working with the arms stretched.
• Lifting heavy things.

“Normally, injuries come slowly”

The injuries are caused through months or years. The worker could have signs that something is wrong and therefore will work in pain. This could start like small things but in some cases they would end in permanent injuries that will affect the whole life.
Recommendations

1. Stop looking for a while the Monitor, see to a distant object and blink several times to moist your eyes.

2. Go to your annual vision check.

3. Change your chores from typing to reading, etc.

4. Rest from 5 to 10 minutes each hour.

5. Brief breaks are better than extended breaks.

6. Statistics proof that people that doesn’t rest probably get hurt.

7. Strecth your hands, arms, shoulders, neck and back occasionally.
**Exercises**

**Eye Comfort Exercises**
- Blinking (produces tears to help moisten and lubricate the eyes)
- Yawning (produces tears to help moisten and lubricate the eyes)
- Expose eyes to natural light

**Palming**
- While seated, brace elbows on the desk and close to the desk edge
- Let weight fall forward
- Cup hands over eyes
- Close eyes
- Inhale slowly through nose and hold for 4 seconds
- Continue deep breathing for 15-30 seconds
**Exercises**

**Eye Movements**
- close eyes
- slowly and gently move eyes up to the ceiling, then slowly down to the floor
- repeat 3 times
- close eyes
- slowly and gently move eyes to the left, then slowly to the right
- repeat 3 times

**Focus Change**
- hold one finger a few inches away from the eye
- focus on the finger
- slowly move the finger away
- focus far into the distance and then back to the finger
- slowly bring the finger back to within a few inches of the eye
- focus on something more than 8 feet away
- repeat 3 times
Injuries