

WHAT IS ERGONOMICS?

Ergonomics is the process of designing or arranging workplaces, products and systems so that they fit the people who use them.

ERGON (Work) + NOMOS (Laws)
ERGONOMIC = Study of Work

Adapting the work to fit the worker can help reduce stress and eliminate many potential disorders.

Ergonomists contribute to the design and evaluation of

- tasks,
- jobs,
- products,
- environments and
- systems

in order to make them compatible with the needs, abilities and limitations of people.



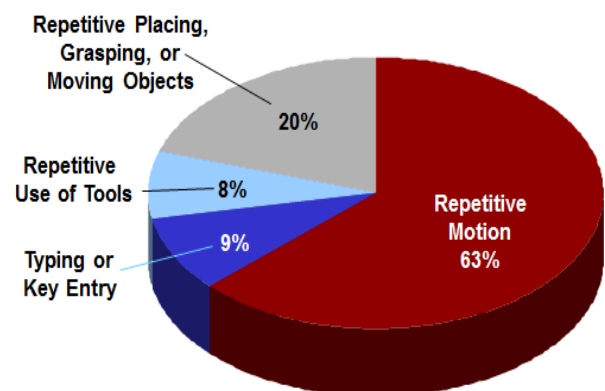
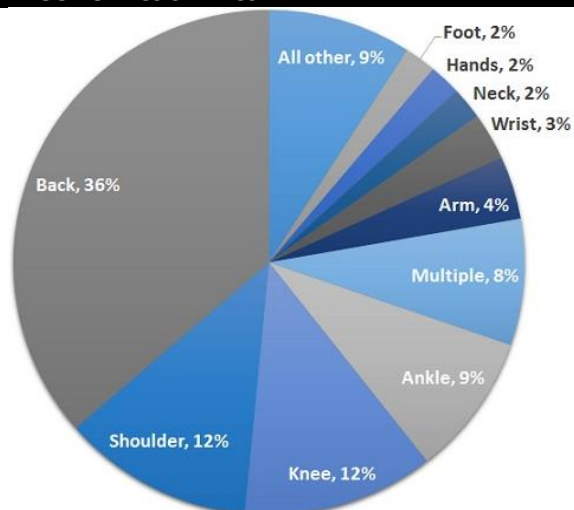
DOMAINS OF ERGONOMICS

| Physical | Cognitive | Organizational |
|--|---|--|
| concerned with human anatomical and physiological characteristics | concerned with mental processes, such as memory and reasoning | concerned with the organizational structures, policies, and processes |
| <ul style="list-style-type: none"> • Working postures • Materials handling • Repetitive movements • Workplace layout | <ul style="list-style-type: none"> • Decision-making • Skilled performance • Man-Machine interaction • Work stress and training | <ul style="list-style-type: none"> • Communication • Resource management • Teamwork • Workload |

ERGONOMICS RISK FACTOR

| | |
|----------------------------------|---|
| Awkward or sustained postures | Un-natural position, un-healthy position, uncomfortable position of work for prolonged duration |
| Forceful exertion or strain | Lifting or carrying objects, pulling or pushing objects, |
| Repetition | Body muscles are frequently working in the same posture again and again |
| Contact pressure | Edge of the table, push button at feet, edge of the armrest |
| Bad work environmental condition | Vibration, heat, cold, humid etc |

ERGONOMICS STATICS



- Workplace Musculoskeletal Disorders (WMSD) account for 34% of all lost workday illnesses.
- 42% of repetitive stress injuries result in more than 30 days away from work.
- An ergonomic work environment can increase productivity on average by 10%.

WHAT IS MUSCULOSKELETAL DISORDER?

Musculoskeletal disorders (MSDs) are injuries or pain in the body's joints, ligaments, muscles, nerves, tendons, and structures that support limbs, neck and back. MSDs are degenerative diseases and inflammatory conditions that cause pain and impair normal activities.

ERGONOMICS RELATED INJURY

- Pain in the shoulders, neck and back
- Swelling, irritation, or joint stiffness
- Feeling unusually cold or high sweating
- General feeling of muscle tightness/ numbness
- Discomfort when making certain movements

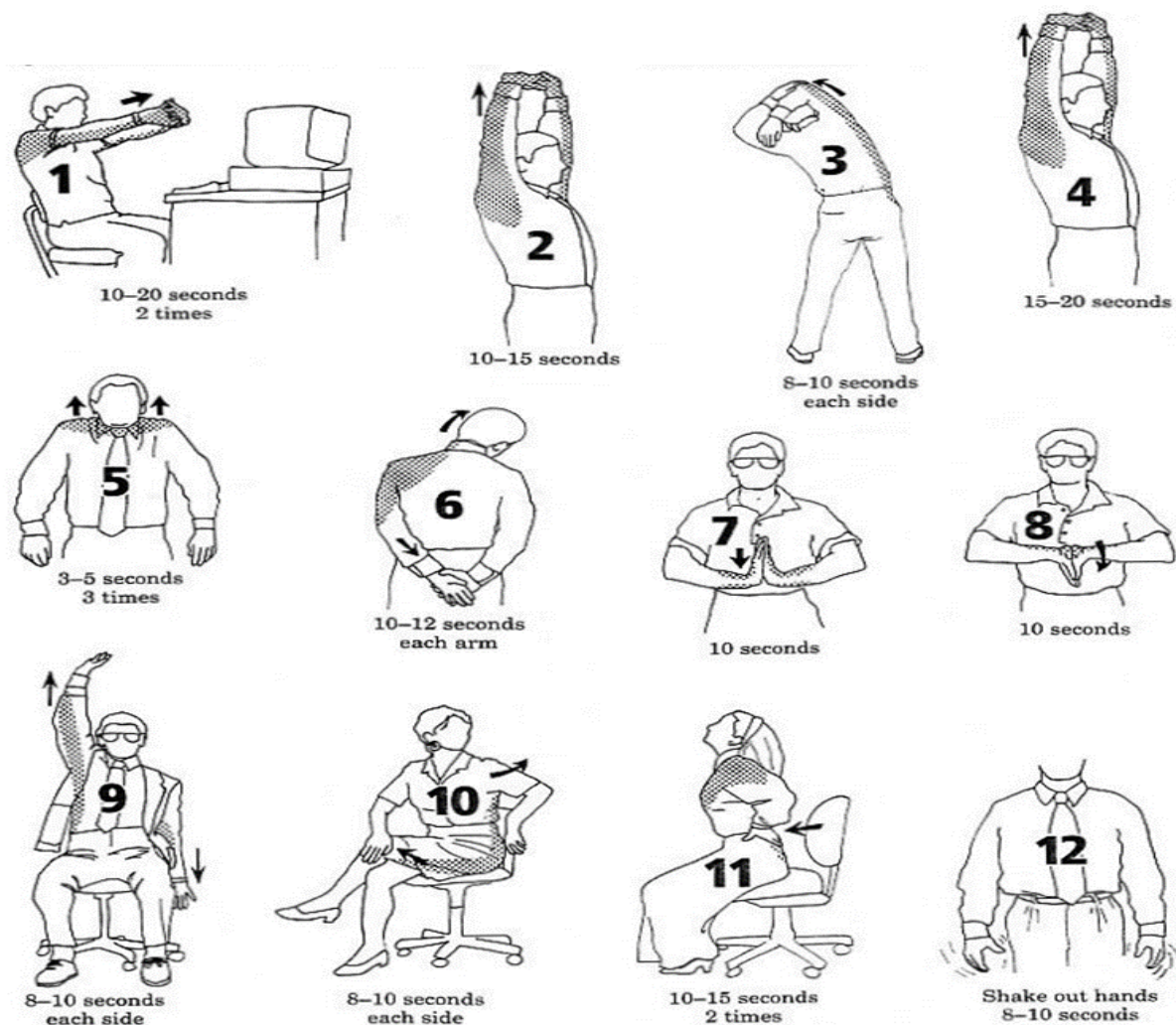
TOP OCCUPATIONS WHERE MUSCULOSKELETAL DISORDERS ARE HIGH

- Nursing
- Labourer
- Janitors & Cleaners
- Store clerks
- Drivers
- Maintenance Worker
- Production Worker
- Retail Salesman

ERGONOMICS GOODS PRACTICES

STRETCHES – approximately 4 minutes

Do these stretches every hour or so throughout the day, or whenever feel stiff. Also be sure to get up and walk in the office whenever you think of it



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