

What is Ergonomics?

How do you feel at the end of a workday? Does your neck or back hurt? Are your wrists tired? Did you know that how your workspace is configured can have an effect on your comfort and physical well-being? Ergonomics is an applied science concerned with designing and arranging equipment so that people and things interact most efficiently and safely.

Easy ergonomic fine-tuning can have many positive effects in the workplace – not the least of which is keeping employees healthy and happy throughout the workday. Ergonomically correct furniture helps you practice good posture, feel more comfortable and relaxed, and be more productive. Ergonomics also protects you from repetitive motion injuries such as carpal tunnel syndrome. Physical discomfort or pain can take a toll on our energy and psychological welfare.

As you go through your work day, do you get up from your chair and take mini stretch breaks? Do you massage your hands and forearms while walking from your desk to the photocopier machine? While at your workstation, do you break up jobs so that the same movements are not done over and over again for long periods of time? Do you pick up heavy items correctly?

See the attached flyer to find out how to do fast and easy stretches you can do at your desk anytime during the day.



“Strength is the courage...to reach out!”