

Ergonomics at work and beyond

May 2022



AGENDA

- What is ergonomics?
- Risks of poor ergonomics
- Proper desk set-up
- Working from home tips
- Ergonomics in motion
- Ergonomics on the road
- Stretches

What is ergonomics?

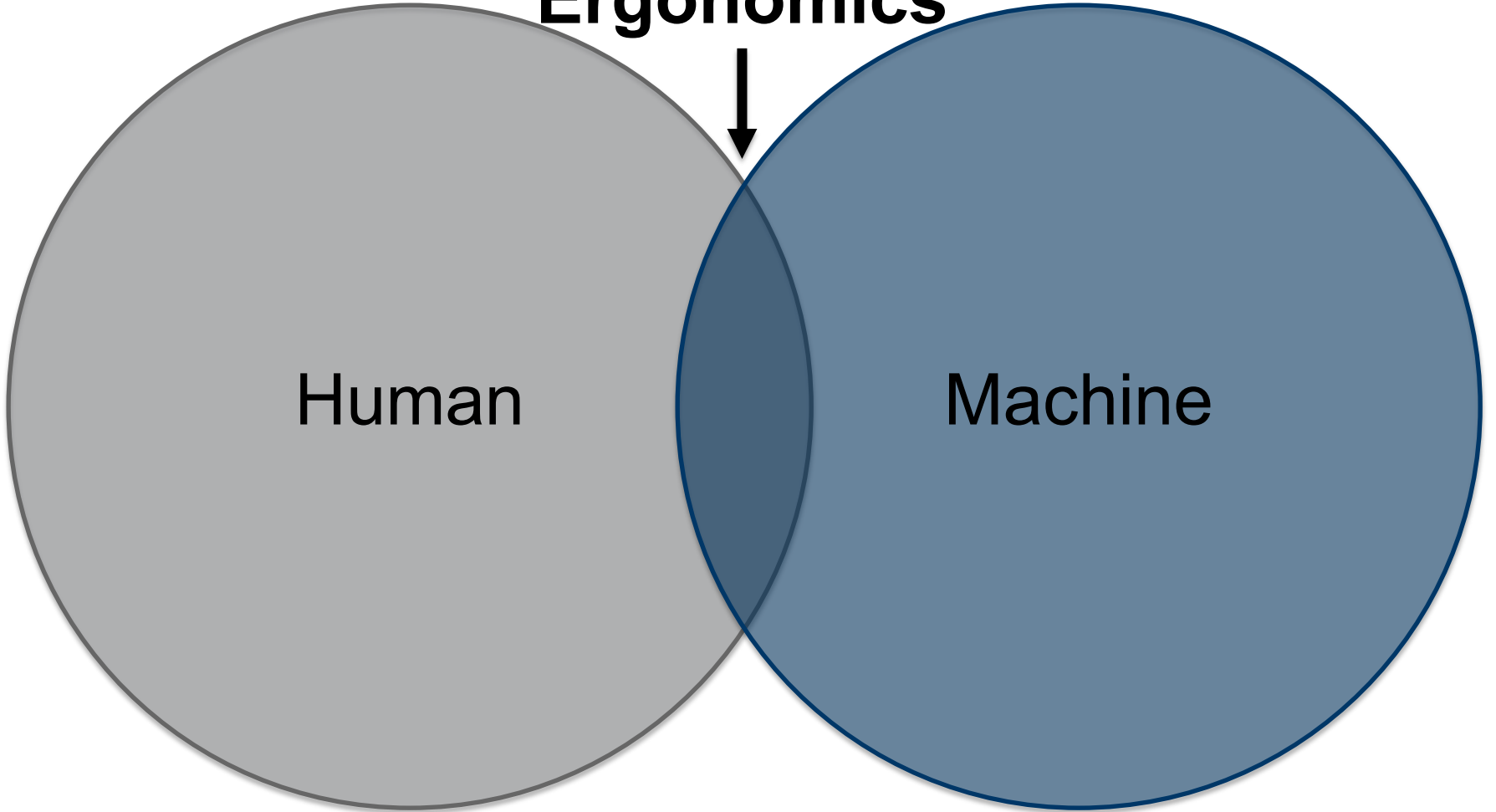
ERGONOMICS

{ er · go · nom · ics }

An applied science concerned with **designing** and arranging things people use so that the **people** and things interact most **efficiently** and **safely**

● (Merriam-Webster)

Ergonomics



Human

Machine

Work environment

Risks of poor ergonomics

Why is ergonomics important?

Increases morale

Increases productivity

Decreases MSDs

Musculoskeletal disorder

{ mus · cu · lo · skel · e · tal dis · or · der }

Injuries and disorders of the muscles, nerves, tendons, joints, cartilage and spinal discs

(Centers for Disease Control and Prevention)

Types of MSDs

- Muscle strains, sprains and tears
- Back pain
- Carpal tunnel syndrome
- Tendinitis
- Rotator cuff injuries
- Epicondylitis
- Trigger finger



Risk factors

Heavy lifting

Pushing/pulling

Gripping

Awkward
postures

Repetitive
activities

Vibration

Forceful
motions

Direct pressure

Overhead work

Early symptoms of strains

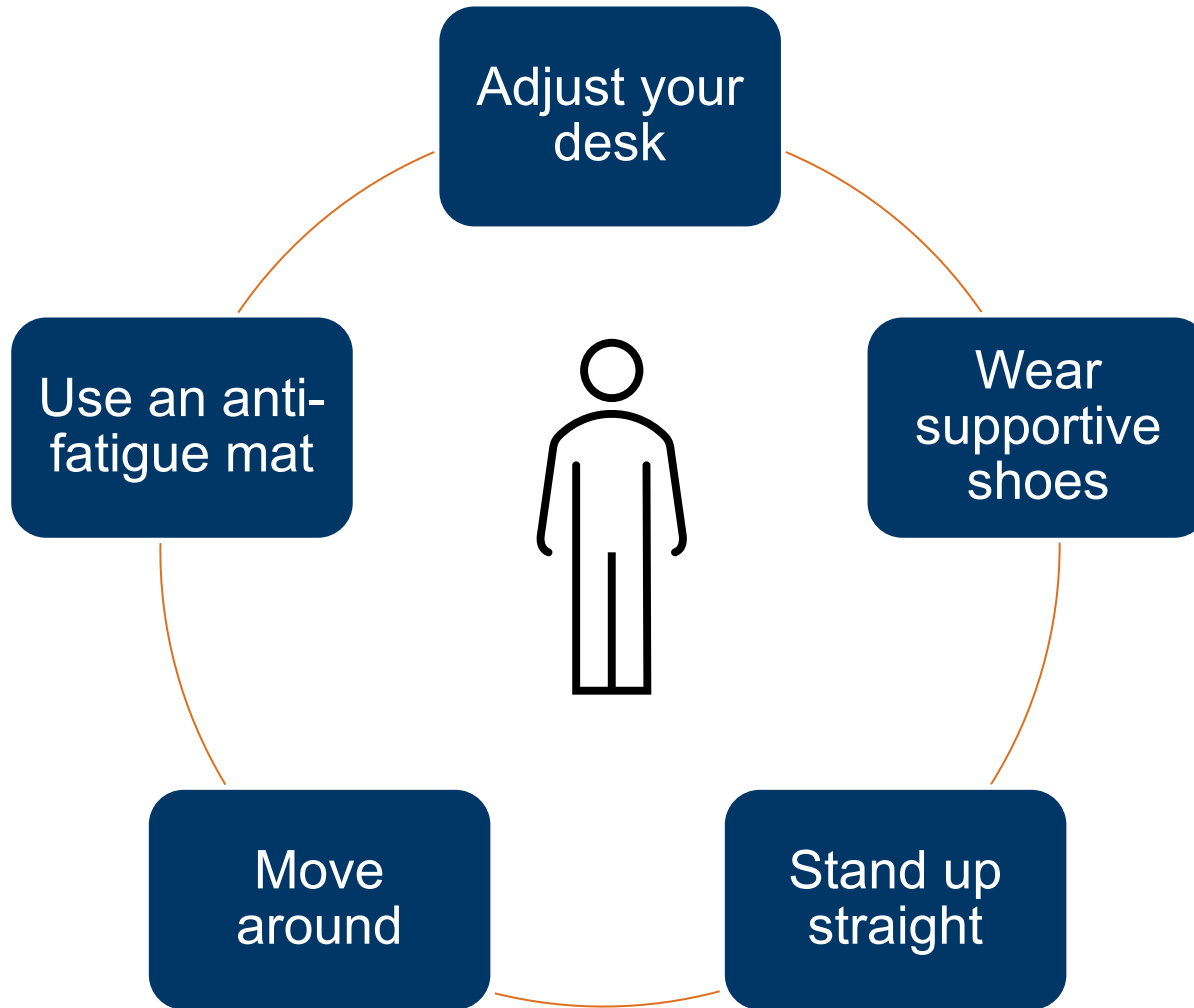
- Muscle aches, strains and pains
- Eye fatigue
- Tingling, numbness, aching, and/or warm sensations in hands or upper arms
- Decrease in grip strength
- Restricted breathing

Proper desk set-up

CORRECT SITTING POSTURE



Tips for stand-up desks

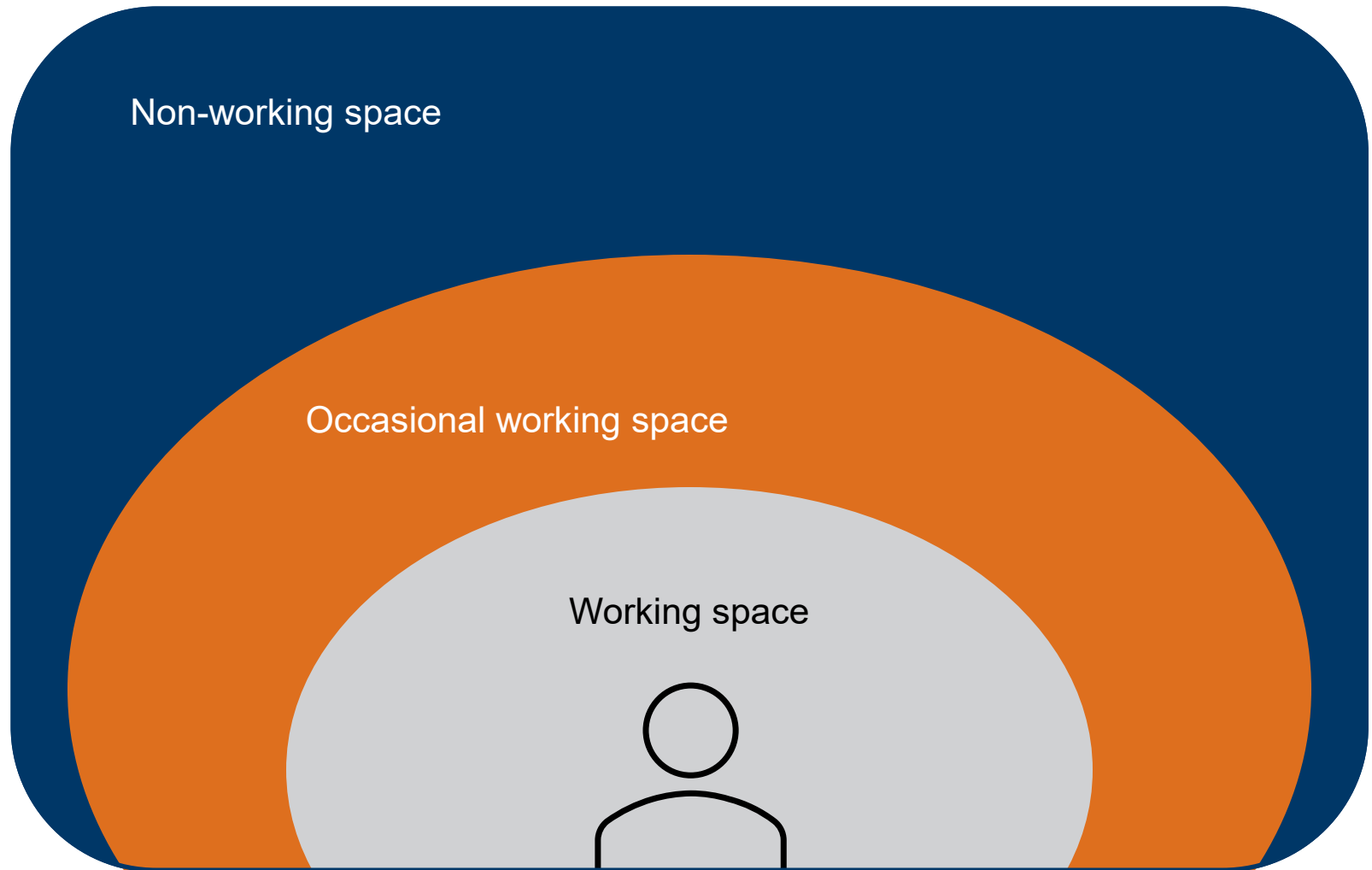


Desk setup – eyes

- Adjust position of monitor
- Adjust computer settings
- Consider glare-reducing monitor attachment
- Consider glasses designed for computer work
- Avoid bright lighting



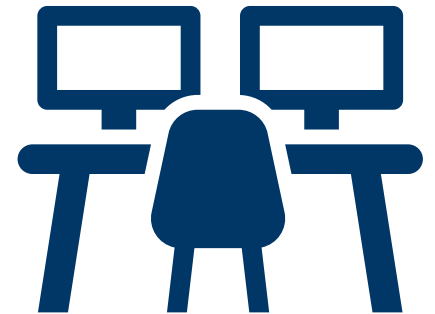
Desk setup – workspace



Working from home tips

Working from home needs

- Sufficient lighting
- Unobstructed walkways
- Clean and clutter-free workspace
- Surge protectors
- Emergency warning equipment
- First response items



Work-life balance



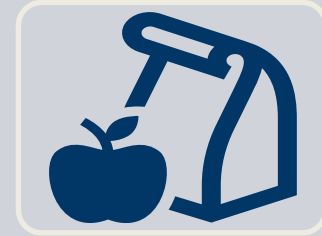
Define a
schedule



Dress the
part



Have a
plan



Take
breaks

Ergonomics in motion

Material handling

{ ma · te · ri · al hand · ling }

The process of moving goods and materials within your warehouse, facility or storage area.

Material handling

Prepare

- Warm up
- Inspect material
- Get help or use devices when needed

Material handling

Prepare

- Warm up
- Inspect material
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Lift

- Establish a good base and grip
- Bend your knees
- Lift with your legs



Material handling

Prepare

- Warm up
- Inspect material
- Get help or use devices when needed

Lift

- Establish a good base and grip
- Bend your knees
- Lift with your legs

Carry

- Keep the load close
- Pivot, don't twist

Overreaching



Ergonomics on the road

Driving



Driving

- Recline your seat slightly more than 90 degrees
- Arms and knees should be slightly bent
- Your headrest should support the middle of your head in a straight position
- Adjust your mirrors to avoid straining
- Obtain lumbar support

Stretches



Dynamic stretching

Static stretching

Standing Hamstring Stretch



Shoulder Stretch

Standing Thigh Stretch



**Figures retrieved from [Coronavirus relief: 6 easy stretches for the home office \(usatoday.com\)](https://www.usatoday.com/story/news/health/2020/03/26/coronavirus-relief-6-easy-stretches-for-the-home-office/5141237002/)*

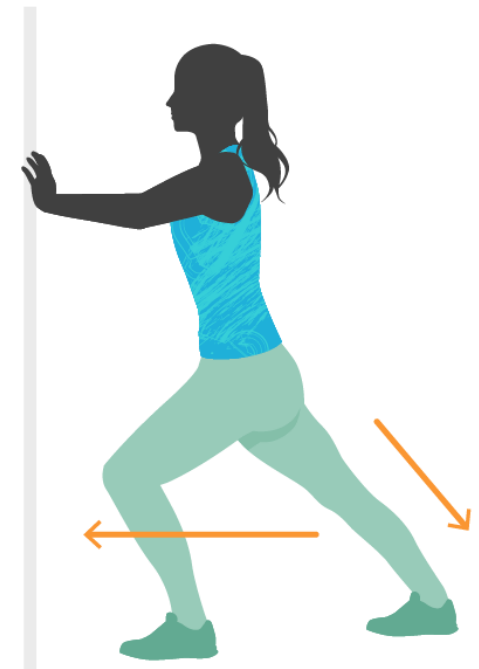
Static stretching

Lower Back Stretch

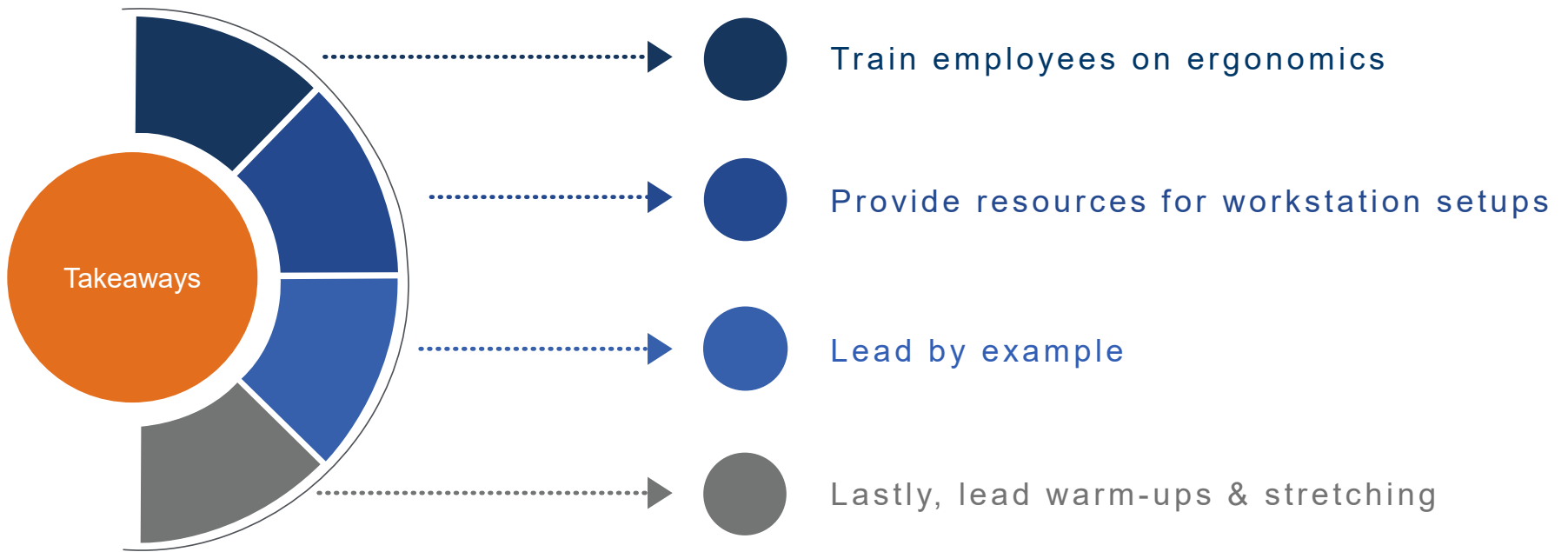


Neck Stretch

Calf Stretch

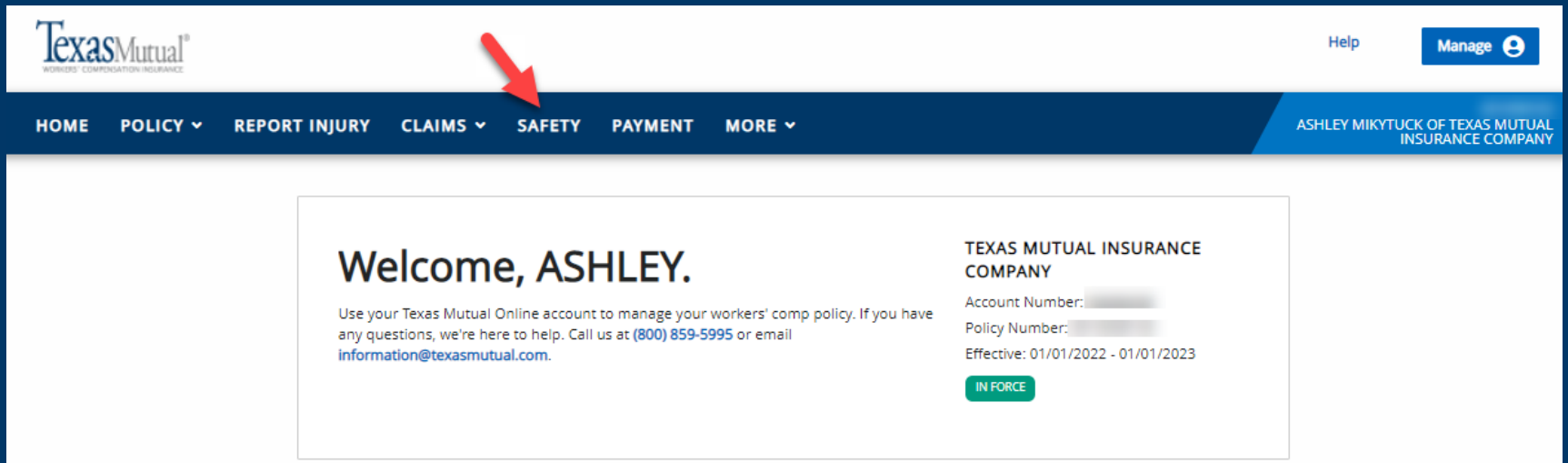


**Figures retrieved from [Coronavirus relief: 6 easy stretches for the home office \(usatoday.com\)](https://www.usatoday.com/story/news/health/2020/03/26/coronavirus-relief-6-easy-stretches-for-the-home-office/5141117002/)*



Q & A

Resources



The screenshot shows the Texas Mutual website interface. At the top left is the Texas Mutual logo with the tagline 'WORKERS' COMPENSATION INSURANCE'. To the right of the logo is a red arrow pointing to the 'SAFETY' link in the navigation menu. The navigation menu includes 'HOME', 'POLICY', 'REPORT INJURY', 'CLAIMS', 'SAFETY', 'PAYMENT', and 'MORE'. In the top right corner, there is a 'Help' link and a 'Manage' button with a user icon. Below the navigation menu is a blue banner with the text 'ASHLEY MIKYTUCK OF TEXAS MUTUAL INSURANCE COMPANY'. The main content area features a white box with the following text:

Welcome, ASHLEY.

Use your Texas Mutual Online account to manage your workers' comp policy. If you have any questions, we're here to help. Call us at [\(800\) 859-5995](tel:800-859-5995) or email information@texasmutual.com.

TEXAS MUTUAL INSURANCE COMPANY

Account Number: [REDACTED]
Policy Number: [REDACTED]
Effective: 01/01/2022 - 01/01/2023

IN FORCE

Resources

The screenshot shows the 'Safety Resource Center Dashboard' with a navigation menu and a list of resources. A red arrow points to the first item in the list, 'Safety and employer resources catalog', which is marked as 'UPDATED'.

Safety Resource Center Dashboard

Access Grants

Safety Resources | e-Learning | Safety Tools | Alerts

Free and discounted safety resources

Take steps to prevent and manage accidents with thousands of free and discounted safety resources, including educational materials, classes, presentations, videos and more.

- [Safety and employer resources catalog](#) **UPDATED**
- [Safety webinars](#)
- [Safety courses at local colleges](#)
- [Online OSHA training](#)
- [Texas Mutual events](#)



Refine your search

Audience

- Company / Employer (81)
- Employee / Individual (58)

Employer Content

Featured

Health & Wellness

Human Resources

Industry

Insurance Coverages

Legislation & Compliance

Line of Business

Locations

Risk Management

Safety

Series

Type / Format

**Technology Playing It Safe: Workstation Ergonomics**

Provide employees with these tips to prevent strain and fatigue associated with poor workstation ergonomics.

[View](#)

**Toolbox Talk: Ergonomic workstation: Are you comfortable?**

This TXM Toolbox Talk provides tips for setting up an ergonomic workstation.

[View](#)

**Computer Workstation Ergonomics Guide**

Millions of people work with computers every day. This guide from the Occupational Safety and Health Administration (OSHA) illustrates simple, inexpensive principles that will help you create a safe and comfortable computer workstation.

[View](#)

**Technology Playing It Safe: Using Dual Monitors the Strain-free Way**

Educate tech workers using dual PC monitors on workstation setup to avoid strain with this employee flyer.

[View](#)

**Toolbox Talk: Working Remotely**

This TXM Toolbox Talk discusses tips for staying healthy while working remotely including setting up an ergonomically friendly workstation, taking breaks and sticking to a work-life balance.

[View](#)

**Playing It Safe: Putting Your Workstation to Work**

This flyer outlines tips employees can take to ensure their workstation is ergonomically correct.

[View](#)

**Remote Workstation Checklist**

Employers can use this checklist when reviewing and planning a remote workstation setup for current employees or when planning a remote onboarding process.

[View](#)

**Ergonomics Workstation Checklist**

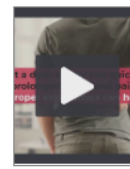
This checklist is designed to help you evaluate your computer workstation and your video display terminal (VDT) to prevent common stresses and injuries associated with use.

[View](#)

**Playing It Safe: Using Dual PC Monitors the Safe Way**

Educate employees on proper workstation setup and ergonomic practices to eliminate strain when using dual PC monitors.

[View](#)

**5 Ergonomic Tips for Employees – Video**

This video provides employees with five ergonomics tips for their workstations.

[View](#)

Thank you!

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