



ERGONOMICS

is the applied science of people interacting safely with objects. Every job is affected by ergonomics to varying degrees. Poor body mechanics during motion can result in musculoskeletal disorders (MSDs) which affect the muscles and corresponding nerves, blood vessels, tendons, and ligaments. EHS offers ergonomic assessments, training, and an ergonomic equipment lending library for employees. Pay attention to your body for signs of muscle fatigue. Stretch, take breaks, and hydrate. Never "push through the pain" to finish a task. Always complete duties keeping good body mechanics in mind.

EXAMPLE GOOD BODY MECHANICS:

WHEN STANDING

- Knees should be slightly bent
- Maintain the natural curves of the back
- Keep the shoulders relaxed

WHEN LIFTING

- Place one foot slightly in front of the other
- Maintain the natural curves of the back
- Use the abdominal and leg muscles
- Avoid twisting the back or knees
- Keep the load close to the body and minimize reaching

WHEN SITTING

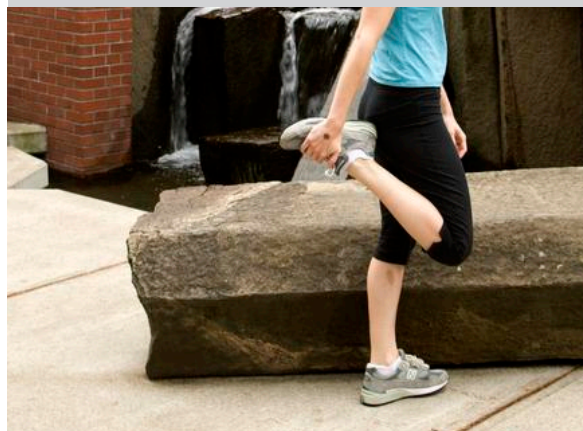
- Adjust the chair for support in and upright position
- Keep the shoulders relaxed and wrists neutral(straight)
- Adjust the monitor to avoid tilting the head up/down

WHAT TO DO!

- Practice good body mechanics during all job tasks.
- If unsure, contact EHS for an ergonomic assessment.
- Stretch, take breaks, and stay well hydrated!
- Tell your supervisor if you develop physical symptoms you believe are work related.
- In an emergency, call **911** and **UOPD** (541-346-2919) for immediate assistance!



Practice good body mechanics!



Stretch, take breaks, and stay well hydrated!



Never "push through the pain"!

