

# Ergonomics

Brought to you by the Diversity Advisory Committee

- Ergonomics is the study of how humans interact with their equipment and workplace
- The work environment should be appropriate for workers and users with a variety of different abilities.
- When designing tools, equipment, workspace, etc. keep different abilities of users in mind.
- Take a moment to think about how you do tasks. Is there a less risky way to complete it?
  - Example: NSCL *Intra* > training > My training > Back Safety
- **Office ergonomics:**
- Proper posture can reduce risk of repetitive strain injury
- OSHA on an ergonomic work space:  
<http://www.osha.gov/SLTC/etools/computerworkstations/checklist.html>
- If you would like advice or help with your desk/computer setup please contact Phil Weinstein in the Safety office

