INTRODUCTION

Ergonomics is the science and practice of designing jobs or workplaces to match the capabilities and limitations of the human body. Ergonomics considers the physical capabilities and limits of each person as she/he interacts with tools, equipment, work methods, tasks, and the working environment.

A goal of ergonomics is to reduce work-related musculoskeletal disorders by adapting work station designs and practices where reasonable to better fit the capabilities and limitations of the person.

ERGONOMIC EVALUATIONS

In order to reduce individual discomfort, and reduce the potential for adverse health effects, work station design, work practices, training and ergonomic evaluations will be provided by the Environmental Health and Safety (EH&S) Department for employees. If employees have questions or want ergonomic evaluations of their work stations, contact EH&S. (Computer Workstation Ergonomic Suggestions)

INFORMATION

For further information concerning ergonomics and musculoskeletal disorders resulting from work practices go to http://www.lni.wa.gov/Safety/Topics/Ergonomics/default.asp.