

Ergonomic Principles

Ergonomics isn't just about properly setting up your desk at work, it can have a meaningful impact on your everyday life and health. Check out these eight, practical ergonomic principles and consider all of the activities you perform every day that could be improved by following these tips.

NEUTRAL POSTURES

- Neutral postures are where body is aligned and balanced while either sitting or standing, placing minimal stress on the body and keeping joints aligned.

WORK IN THE POWER ZONE

- The power zone for lifting is close to the body between mid-thigh and mid-chest. This is where the arms and back can lift the most with the least amount of effort.

ALLOW FOR MOVEMENT AND STRETCHING

- The musculoskeletal system is the "movement system" it is designed to move but working for long periods of time in a static position will cause your body to fatigue
- Examples: Standing in same position for 8 hours, keeping hands overhead 30 minutes, writing for 1 hour straight. The first few mins don't seem bad but over time the fatigue and discomfort will cause you to want to stretch.
- Stretching will reduce fatigue, improve posture and muscle coordination.
- Talk about warm up stretching program as a work athlete

REDUCE EXCESSIVE FORCES

- If a job or task requires excessive force, then find ways to reduce it. Use mechanical assist or ways to reduce muscle effort.

REDUCE EXCESSIVE MOTIONS

- Repetitive motion combined with high force or awkward posture can lead to a musculoskeletal disorder
- Think about job rotation, stretch breaks, or job sharing

MINIMIZE CONTACT STRESS

- Areas such as soft tissue of fingers, palms, thighs , and feet that can inhibit blood, nerve function, or movement of muscles and tendons.
- Examples of this are resting wrists on edge of a desk or pressing tool handles into palms ex: hammering with palm of hand or sitting with legs up against an object.

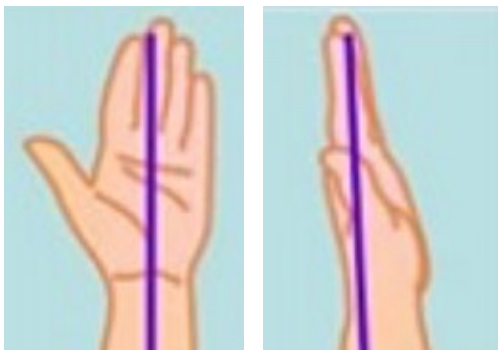
REDUCE EXCESSIVE VIBRATION

- Hand arm vibration can cause adverse circulatory and neural effects in fingers. Signs and symptoms include numbness, pain, and blanching.

ADEQUATE LIGHTING

- Poor lighting can impact comfort level and performance.
- Dimly lit work areas and glare can cause eye fatigue and headaches. Poor lighting can be a safety hazard

Neutral Postures



Minimal radial / ulnar deviation

Minimal flexion / extension

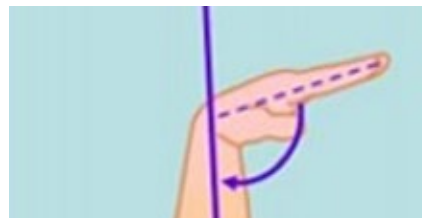
Awkward Postures



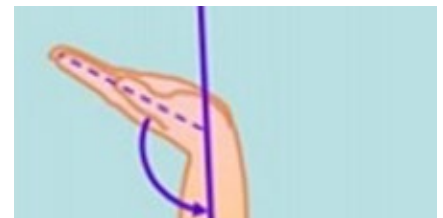
Radial Deviation



Ulnar Deviation



Flexion



Extension

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