



# ERGONOMICS

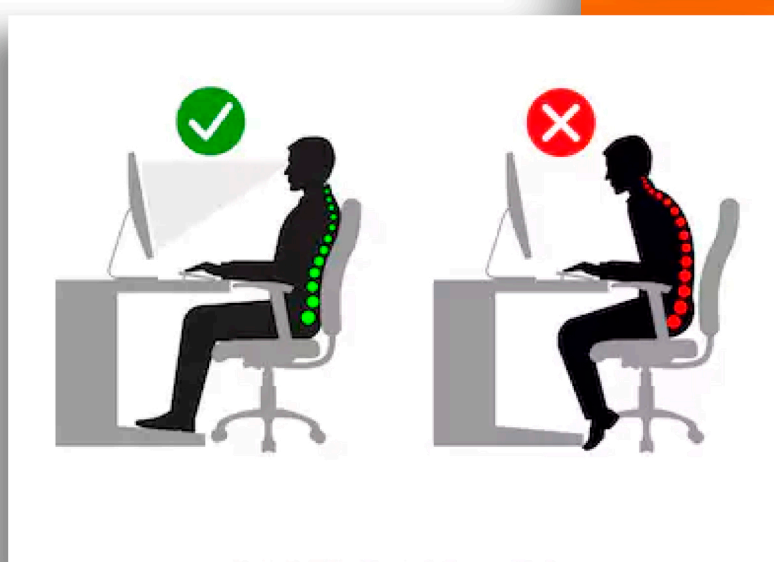
Ergonomics is the study of work and how we can fit the job to the person rather than forcing a body to fit the job or complete a task and potentially injure themselves. Ergonomics depend on the job and the person. Ergonomics is important for any person doing heavy lifting or repetitive movements in the home or workplace. Ergonomics can improve productivity, quality, and your comfort doing everyday tasks.



•Squat with your legs, don't bend with your back (when lifting things).

•Keep your chest up, shoulders back and back straight when working in a seated position.

•If working seated, stand up and stretch about every 30 minutes.



OSHA (Occupational Safety and Health Administration) oversees and trains employers in safety in the workplace, but these tips can be applied to everyday life at home as your work in the garden, lift heavy boxes in the garage, or work from your home computer.