

Is It Right For Me?

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Do your shoes fit? Is your shirt the right size? Are your dress pants too tight? Will my tie be choking me by the end of the day? These are just a few questions we ask ourselves each day as we get dressed. So, when you get into work, do you dress yourself with your desk? Meaning; is my desk too high? Lights too bright, feet hang all day, glares from your desk or monitor causing eye pain? It is important to understand Workspace Ergonomics, and how it is beneficial to your safety, both short and long-term.

Ergonomics is a scientific term that concerns the 'fit' of people and their work. There are five ways to view the ergonomics study; safety, comfort, ease of use, productivity/performance, aesthetics/ or the design of signs in the workplace.

Ergonomics can be divided into three fields:

Physical- work postures, material handling, workplace layout, safety and health

Cognitive- work stress, decision-making, skilled performance

Organizational- communication, work & time design, teamwork, quality management

Ergonomics in the workplace can be related to physical study, such as chair, keyboard, monitor and lighting. These are just a few areas that are studied. The Roadway to Health focus in June is to make employees aware of ergonomically correct layout of the workspace. A video is available in the safety library for those who are interested in learning more about Workspace Ergonomics.

If you have not received a workspace ergonomics survey, please let your wellness representative know, and we will be sure to get one to you.