

What is ergonomics?

Ergonomics is a discipline that involves arranging the environment to fit the person in it. When ergonomics is applied correctly in the work environment, visual and musculoskeletal discomfort and fatigue are reduced significantly. In recent years, CDC's Office of Health and Safety has identified repetitive motion injuries as a factor in employee injuries. These injuries are caused by excessive and repeated physical stress on the musculoskeletal system - the hands, wrists, elbow, shoulders, neck, and back.

Following ergonomic principles helps reduce stress and eliminate many potential injuries and disorders associated with the overuse of muscles, bad posture, and repeated tasks. This is accomplished by designing tasks, work spaces, controls, displays, tools, lighting, and equipment to fit the employee's physical capabilities and limitations.

<http://www.cdc.gov/od/ohs/Ergonomics/ergodef.htm>