



Simple and concise safety, health and environmental information from  
WFUHS Environmental Health and Safety

## Fast Guide # 9

### Resources and Links

Review basic ergonomic principles for your work area by visiting our webpage on [Ergonomics](#).

[Request an onsite ergonomics evaluation](#) by EH&S.

Contact [Christopher Kolbash](#) (716-1120) or [Jerry Mayfield](#) (716-1224) to schedule an appointment to visit the EH&S Ergonomics Lab

Contact [Amy Nelson](#) (716-6084) to schedule ergonomics training for your department.

## Ergonomics: How can I get some help?

### Summary Information and Requirements

Ergonomics is the study of the relationship between people, their activities, their equipment and their environment. A simpler definition of ergonomics is fitting the job to the worker. Ergonomic stressors are characteristics of the work environment such as force, extreme postures, and repetitive movements, which can increase the physical demands of the job. When ergonomic stressors overcome the body's ability to heal and repair itself, the body may develop a musculoskeletal disorder. The goal of WFUHS Ergonomics Program is to enhance worker comfort, health and productivity while reducing ergonomic stressors that lead to musculoskeletal disorders.

### WFUHS Ergonomics Program – A 4-Prong Approach

- 1. Utilize Web-Based Information** – EH&S has developed a webpage to help employees review basic ergonomic principles in the laboratory and office environment. The webpage provides information on specific work areas and equipment and how the work areas and equipment can be adjusted to fit you. Also, the site offers seven tips for lifting materials safely.
- 2. Request an Ergonomics Evaluation** – EH&S will come to your workstation and perform a full ergonomic assessment, make recommendations, and provide equipment (when necessary) for employees to evaluate. The idea is to listen to the employee's concerns, make adjustments to the workstation, and suggest solutions when necessary. After the evaluation, EH&S will generate an Ergonomics Assessment Report that you and your supervisor can use to address the suggested recommendations.
- 3. Visit the EH&S Ergonomic Lab** – EH&S has established an ergonomics lab within our office so that WFUHS employees can evaluate ergonomically-designed office equipment that cannot normally be brought to the employee's workstation (desks, monitor arms, and keyboard trays).
- 4. Ergonomics Training** – EH&S provides annual ergonomics training for specific departments on how to recognize musculoskeletal disorders and methods to prevent them