Ergonomics

A staff member walks into a clinic and sees a box lying on the floor. They pick it up and pack it away. The video then shows a staff member adjusting their chair to reduce the risk of strain or injury.

[Narration]

Even in low-risk workplaces like a community medical clinic, everyday tasks can put strain on the body.

Reaching, lifting, repetitive movements like typing, and poor workstation set up can lead to Musculoskeletal injuries – or MSI.

Ergonomics helps prevent these kinds of injuries by making workplaces, tools, and tasks fit the people who use them.

Employers must identify ergonomic risks and reduce them, where possible.

To build your ergonomics program, use our Ergonomics Risk Assessment form, Computer Workstation Ergonomics rack card, and Protect Your Body at Work poster.