

ERGONOMICS

What is ergonomics?

Ergonomics is the study of how to adapt the work place to the person. The work environment should be adapted to you. You should not have to adapt to your work environment.

When the work environment fits your needs, fatigue and stress decreases and your comfort increases.

In the long run you are more efficient and you decrease your risk of getting a repetitive trauma disorder.

ARE YOU AT RISK?

Ask yourself the following questions to find out:

1. Are you using proper body mechanics?
2. Are you keeping the tools that you need within close and easy reach?
3. Are you taking regular or periodic breaks so your body is not subjected to too much fatigue?
4. Are you maintaining a regular exercise program?
5. Is your computer or desk station set up so that you have good posture?

Posture is important while working at your desk.

Remember to maintain...



- Hips and knees at 90 degrees
- Feet flat on floor or footrest
- Monitor at eye level
- Keyboard positioned so wrists are not bent up, down or twisted
- Lumbar roll or support for low back
- If you do other type of deskwork, tilt the work up instead of lowering head and neck.

Here are a few tips to keep in mind while traveling....

- Carry equal weight in both arms
- When picking up luggage, keep back straight and bend at the knees
- Do not twist while carrying the luggage
- Lower luggage by bending knees, not back

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