

## **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 can be greatly reduced.

Following ergonomic principles can aid in reducing stress and may eliminate potential injuries and disorders associated with bad work station design, poor body mechanics, repeated tasks, incorrect tools, poor lighting, and overuse of muscles, tendons, and ligaments.

You may use this link as a helpful tool to aid in your computer work station.

<http://www.osha.gov/SLTC/etools/computerworkstations/index.html>

If you need additional help with your work station or if you are experiencing any symptoms that may be related to an Ergonomic issue, contact EH&S.