Ergonomics Safety Topic



This section addresses general ergonomics indicators and hazards in the workplace.

Ergonomic principles have the potential to prevent injury to an employee and reduce employer costs that are the result of work activity or related accidents. Training and education are among numerous strategies used to effectively prevent workplace injuries. By definition, ergonomics is the biological science used to study the relation between workers and their environments. According to the National Institute of Occupational Safety and Health (NIOSH), health problems associated with ergonomics make up the most common lost-time injuries and illnesses in almost every industry.

OSHA’s General Duty Clause states that each employer must provide employees workplace free from recognized hazards that cause or are likely to cause death or serious physical harm to…