Common Ergonomics Misconceptions Debunked



Recorded Date: September 20, 2023

Time: 9:00-10:30AM Pacific

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Do you know if these are these Ergonomics Facts, or Ergonomics myths’

- ‘The maximum safe amount an individual can lift is 50 lbs.’
- ‘Wrist rests are a good solution for employees with wrist pain when mousing.’
- ‘Laptops are great portable devices that can be used as a desk top computer workstation.’

Join ERGO Inc. as we debunk some common misconceptions related to ergonomics, computer workstation set-up, and manual material handling tasks. In this webinar, we will reveal the thinking behind some of these misconceptions and present the facts for topics such as:

- Safe maximum lifting limits
- Proper material handling techniques for tasks such as lifting and pushing/pulling
- Use of wrist rests and other aides at computer workstations
- Proper use and set up of laptops as computer workstations