Store wide Ergonomic Solutions



A guide to training employees on proper ergonomic techniques to reduce the risk of injury as well as designing stores to be more ergonomic.

Recommended Working Postures

Recommended Working Postures describe body positions that are neutral and comfortable to use. Using postures other than those recommended will generally waste energy and motion as well as potentially raise the risk of injury. It’s also important to change position frequently and stretch between tasks. This improves circulation and lessens fatigue…