

Office Ergonomics Transcript

Welcome to this online training about office ergonomics presented by Health Matters State Employee Wellness Program.

Office ergonomics is defined as "fitting the job to the worker." No matter what work you do, ergonomics plays an important role in preventing occupational injury and illness.

Non-active desk jobs without the use of proper ergonomic techniques can lead to health issues including arthritis, carpal tunnel, lower and upper back pain, and migraines. Use of proper ergonomics can have a significant reduction in these complaints and ailments and, in general, help you feel more comfortable at work.

Participants in this training will learn how to:

- recognize proper body posture and neutral body position
- evaluate and adjust a workstation to avoid physical stress and strain related to everyday job tasks
- understand and apply the principles of working zones
- and apply strategies for avoiding prolonged sitting and repetitive motions