Back to Basics: Ergonomics for Warehouse, Office and Field Staff Picture This





In the image, the worker is bending forward with a curved spine and supporting himself on a box at an awkward angle, placing heavy strain on his lower back. His posture shows he’s already experiencing discomfort—likely from repeatedly lifting, twisting, or leaning without using proper ergonomic techniques. The box is positioned too low, forcing him into a poor stance instead of allowing a neutral, upright posture. This kind of repetitive strain is exactly what leads to chronic musculoskeletal injuries in warehouse environments.

Workers should adjust their workspace by raising loads to waist height, using lift tables or pallet risers to avoid constant bending. Maintaining a neutral spine, keeping items close to the body, and using carts or mechanical aids helps reduce strain. Regular micro-breaks, stretching, and rotating tasks prevent fatigue from building in one muscle group. Following basic ergonomic principles keeps workers comfortable, reduces injuries, and supports long-term physical health in all work settings.