Industrial Ergonomics



The official definition of Ergonomics is this…to apply engineering controls and scientific principles when designing a work environment that accommodates the employee in relation to the workplace, product, equipment, tools, workspace and organization of the work. The objective of ergonomics is to fit the task to the worker, rather than forcing the worker to adapt to the existing conditions. To put it simply, ergonomics is about making your job more user friendly. This video does exactly that and along the way you'll learn how to prevent CTDs and other cumulative injuries by recognizing the warning signs before they cause pain and discomfort. The Goal? Fewer injuries and CTD's, improved productivity with less time off the job due to ergonomic injuries, and an overall better quality of life, on and off the job.