



## Ergonomics Counts

Fit work to the worker.

Ergonomics is about designing and arranging tasks, work spaces, controls, displays, tools, lighting and equipment so people can use them easily and safely. The goal of ergonomics is to reduce stress and eliminate musculoskeletal disorders associated with the overuse of muscles, tendons and ligaments.

Ergonomics adapts the job and the work environment to eliminate twisting, reaching, bending, lifting and working with vibrating equipment and other repetitive motions.

And that's smart safety!

For additional information or guidance, contact your safety office.