

WORKPLACE SAFETY

Ergonomics and injury risk.

Ergonomics is the study of an individual's workstation and how it can be set up to maximise efficiencies and comfort. The closer a workstation can be matched to the individual, the more productive and comfortable that individual will be.



- Jobs that require constant sitting or standing are associated with an increased incidence of musculoskeletal disorders, sometimes up to 50% (such as computer users).
- Carrying too much weight around the mid-section causes a bending force and a compressive force on the spinal column, leading to disc degeneration and lower back pain.

Manage your weight.

Shedding extra kilos can seem like hard work, but the huge health benefits are worth the effort. Start with these simple nutrition tips:

- Think ahead about meals and snacks. Take fresh fruit, nuts and low-fat yoghurt to work to avoid unhealthy snacks.
- Spread the number of serves from the five foods groups over the whole day.
- Drink water throughout the day.
- Eat smaller meals, 5-6 times a day.

Having a healthy body can make it easier to follow good ergonomic principles and reduce your risk of injuries.

Research shows that the average adult spends nine hours a day in front of a screen which is longer than we spend sleeping. Avoid eye strain with regular vision breaks.

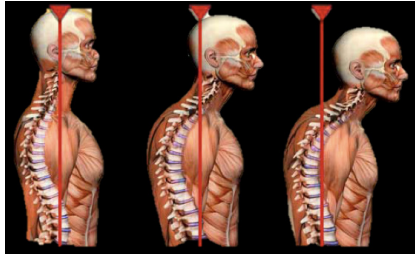
WATCH YOUR POSTURE.

Around 66% of the population suffer from forward head posture.

The more forward your head sits in relation to your shoulders, the 'heavier' it becomes in terms of pressure placed on your back.

Assess your posture with this simple checklist:

- When sitting: Use a chair with firm lower back support. Keep your desk or table top at elbow height. Your arms should be at right angles. Adjust the chair or use a footrest to keep any pressure off the back of the legs.
- In a vehicle: Adjust the seat so that your arms have a comfortable slight bend while on the steering wheel. A small pillow in the small of your back can help.
- When lifting: Let your legs do the work in order to prevent injury to your lower back. Stand close, squat down, and grasp the load. Carry the load close to your body.



Correct
head position
5.4kg

Head position
5cm forward
14.5kg

Head position
7.6cm forward
19.05kg



Health by Design