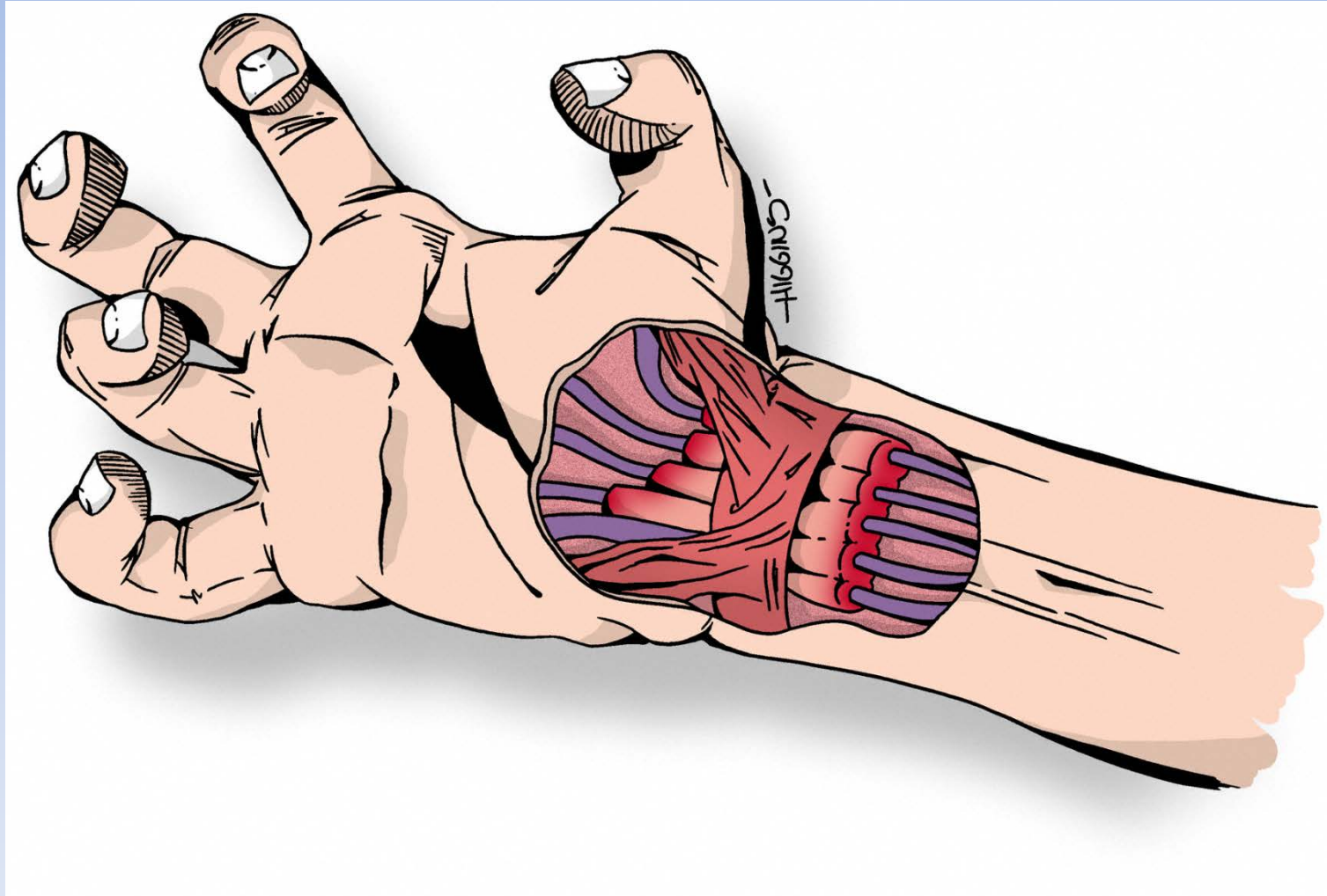


# Office Ergonomics

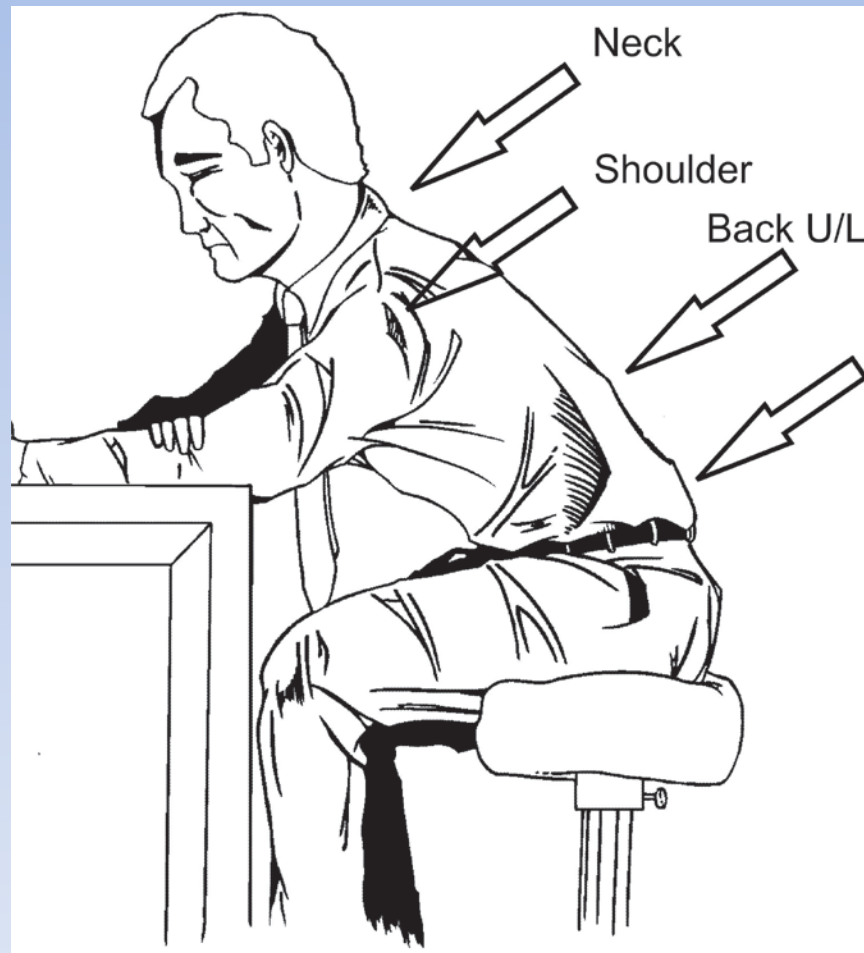
# Ergonomics

- The Greek words “ergon”- work, “nomos” – laws, meaning “the laws of work”
- Design the job to fit the worker, not forcing the worker to fit the job

# When You Think About Ergonomics Do You See This?



# I See This Most Often





# Usually Caused By Things Like This



# And This





# This



# This



This





# And This



# And This For Sure



# How Did It Get This Way

- Needing space for documents or a writing surface
- Lack of back support or foot support
- Poor posture; usually from working too long without a task break
- Inherited the space



# The Fix Is Simple



# Usually Requires One Of These





# This



# This





# This



# This





# “New” Equipment

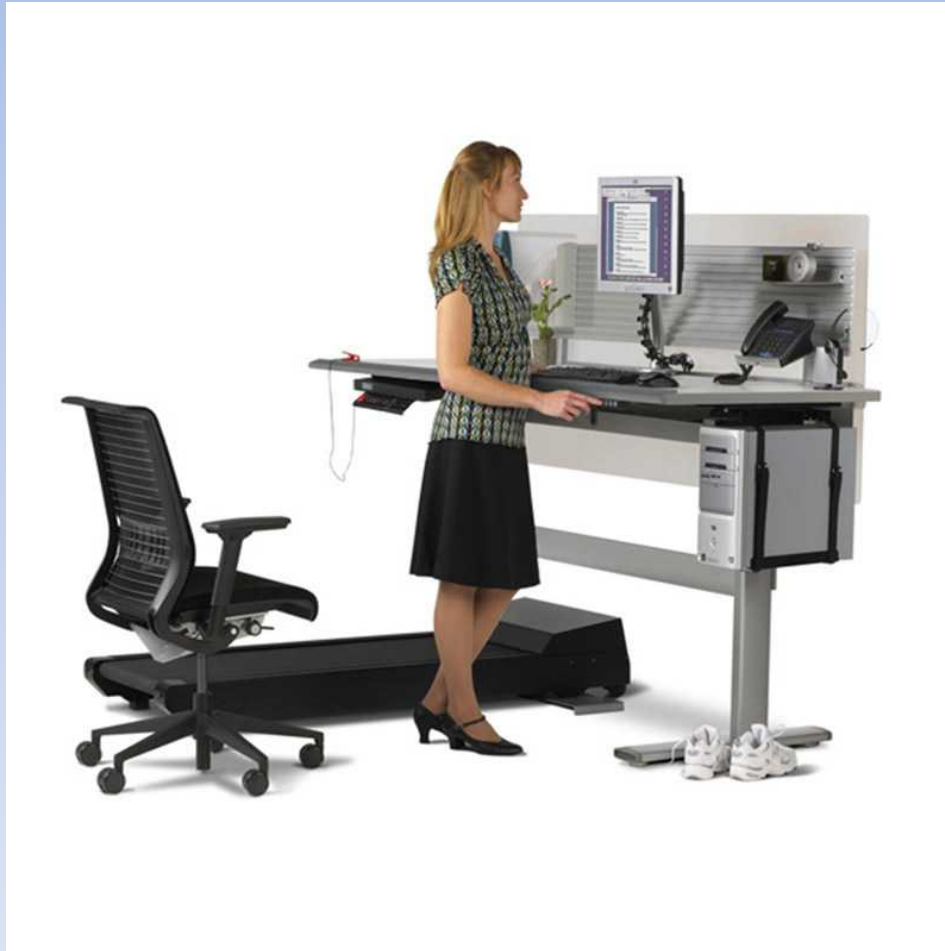


# “New” Equipment





# “New” Equipment



# “Real” New



# Like Previous; Just “Homemade”



# Not “Homemade”



# The Best Of The Bunch



# An Accident Waiting To Happen





# You Have To Be Kidding!

