

# Total Worker Health® Discussion: Ergonomics & Injury



- Both the organization and individual have a responsibility to good ergonomic practices.
- **Alternate between sitting and standing** throughout the workday if a sit/stand desk is available.
- Remember to take brief **stretching breaks** at least 1x per hour throughout the workday.

**ACTIVE  
WORKPLACE**



## Meeting Guide:

# Ergonomics & Injury

**INSTRUCTIONS:** Hold the guide with this side facing you and the other side facing your employees. Then share the information on this page.

Today's discussion is about ergonomics. Ergonomics is about adjusting a workspace to fit the person who works within it. Proper ergonomic setup is important because it prolongs health and prevents injury, supports high levels of productivity, and increases worker satisfaction.

There are many activities individuals can do to practice good ergonomics, including:

- Learn how to adjust your chair and desk space
- Maintain a good working posture – tall spine, head and neck in-line with your torso.
- Look away from your computer monitor often to reduce eye strain.
- Alternate between sitting and standing at least 2x per hour throughout the workday if you have access to a sit/stand desk.
- Set an alarm on your phone to remind you to take a brief break to move around and stretch at least 1x every hour.

At the organizational level, employers are responsible for providing a safe workplace. Employee input and feedback is important for the organization to develop and maintain an ergonomically safe workplace. We will now begin a discussion about potential ways the organization can improve ergonomics in the workplace.

**ASK: "Does anyone have ideas or comments to share?"**

Pause for discussion. Then see if there are ways to take action.

**END WITH AN ACTION PLAN** (*see ideas below of what to ask or say*).

- Are there actions we can take as an organization to improve ergonomic practices?
- Are there ergonomic risk factors that are not currently being addressed by the organization?
- What, if anything, is preventing you from practicing good ergonomics?

