



5 Eye-Opening Facts About Ergonomics

By definition, *ergonomics* is a science that deals with designing and arranging things so that people can use them more easily, efficiently and safely. Whether it's an office, industrial factory, or any other workplace, ergonomics is a crucial step in reducing the risk of employee injury while maximizing productivity. While you may already have a general understanding of its impact in the workplace, there are some interesting and beneficial things you should know about ergonomics.

#1) The Term “Ergonomics” Was Derived From The Greek Language

British scientist K.F.H. Murrell is credited for creating the term “ergonomics.” In 1949, he joined the Greek words “ergon” (work) and “nomos” (law) to create ergonomics. The term gradually spread throughout the U.K., the U.S. and other parts of the world.

#2) Small Changes In Ergonomics Can Have Big Benefits

Contrary to what some people may believe, incorporating ergonomics into the workplace isn't an overly difficult, costly or complicated process. There are a countless number of small changes that employers can make to better fit the workplace to their employees at little or no expense.

#3) Posture Goes Hand-In-Hand With Ergonomics

Of course, there are some elements of ergonomics that are beyond the employer's control, such as posture. Whether the employee is sitting or standing, it's important for them to maintain proper posture to reduce stress on the spine and back. Back pain is one of the leading causes of disability worldwide, and working with poor posture greatly increases an employee's risk of developing back pain. Ergonomic information includes education and information at no cost.

#4) Lack of Ergonomics Linked To Work-Related Injuries Each Year

Poor ergonomics is linked to a variety of work-related injuries annually. Some of the most common related injuries include overexertion, awkward postures, vibrations and performing repetitive motions. Employers who don't tailor their workplace to address these issues place their employees at risk from such injuries.

#5) Ergonomics Can Save Employers

Early intervention with preventative ergonomic evaluations along with information and education can significantly save the City in worker's compensation cost and lost time incidents.

For ergonomics consultation, please fill out our e-request at <http://per.ci.la.ca.us/safety/request/> or contact City Ergonomist, Daniela Zaccaro at 213-473-6982.