

**HealthStream Course 14994  
Providence Alaska Medical Center  
Annual Safety Update 2011**

**Ergonomics**



**Learning Objectives**

After completing this Ergonomics lesson you will be able to:

- Define ergonomics and how it relates to the performance of your job.
- List steps to reduce job related injuries using ergonomics

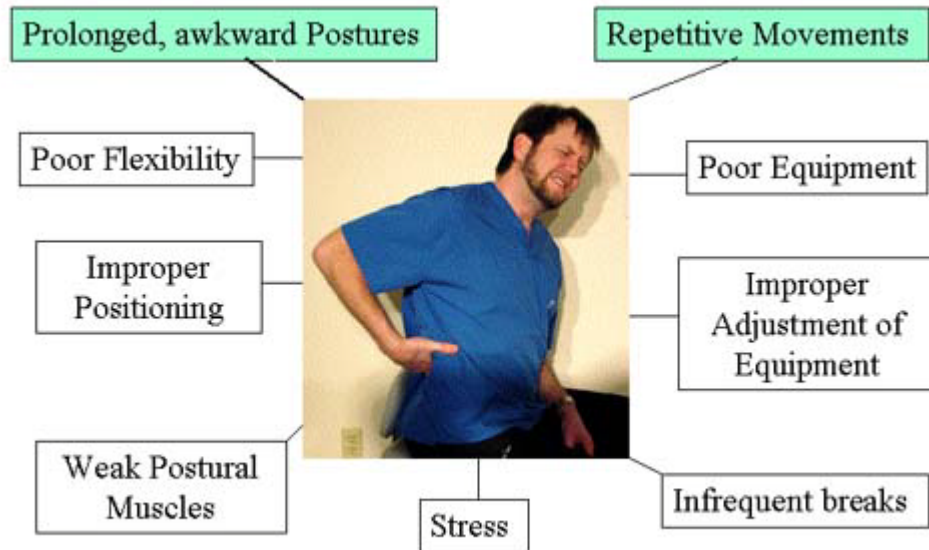
**Ergonomics**

- Ergonomics is a discipline which involves arranging the environment to decrease stress on a worker's body.
- When ergonomics is applied correctly, visual and musculoskeletal discomfort and fatigue are significantly reduced.
- At PAMC, we have an ergonomic policy to ensure a safe and healthy working environment for all employees.



## Musculoskeletal Disorders

These types of injuries are caused by excessive and repeated physical stress on the musculoskeletal system - the hands, wrists, elbows, shoulders, neck, back and knees.



## Risk Factors for Injuries

Risk factors for musculoskeletal injuries include:

- Repetitive motions
- Awkward postures
- Heavy, frequent or awkward lifting
- Prolonged static postures
- Moderate to high vibration

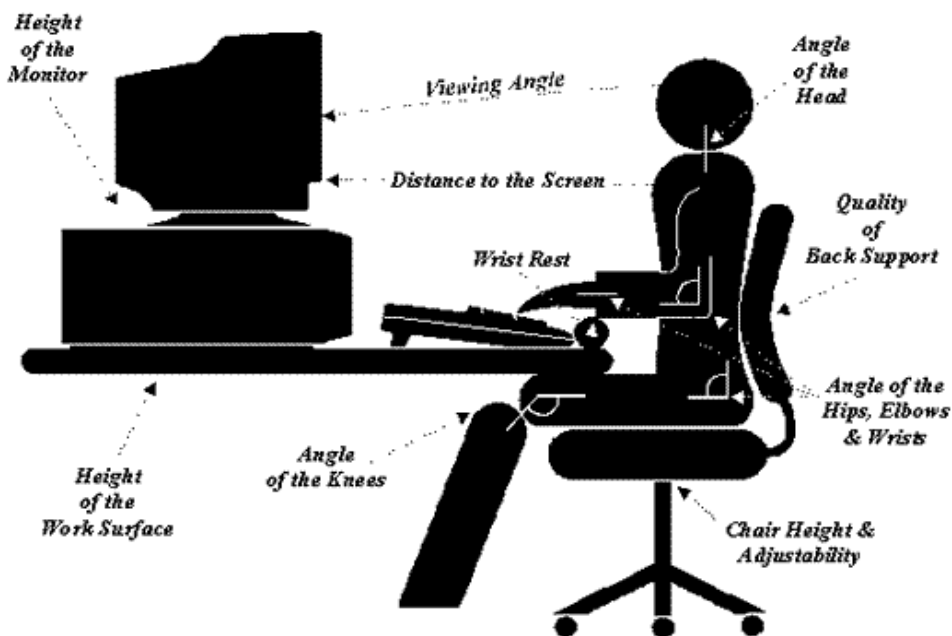


## The Ergonomic Benefit

Using ergonomic principles helps reduce stress and reduce and/or eliminate many risk factors associated with the overuse of muscles, bad posture, and repetitive motions.

## Using Ergonomic Principles to Reduce Risk Factors

How Do We Do That? This is accomplished by setting up job tasks, work spaces, controls and displays, tools, lighting and equipment to fit the employee. Each employee is responsible for his/her own work health and needs to notify their supervisor immediately if they experience any difficulties with the work environment. We all need to keep PAMC healthy and safe.



## Working with Patients

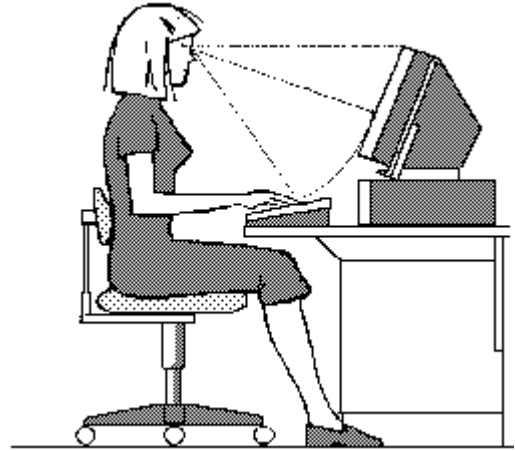
Take the time to:

- Find out how much assistance they need to be moved/repositioned.
- Use the appropriate equipment transfer belts, sliding boards, patient electric lifts, etc.
- Get help (a person close to your height if possible).
- Explain to the patient what you are doing and have them assist as much as possible.
- Be willing to help other staff when asked.



## Working in Non-Patient Areas

- Avoid over-reaching and awkward postures.
- Use proper body mechanics & stretch.
- Adjust your:
  - Chair - tilt the seat forward slightly, knees just above 90 degrees.
  - Monitor - the top line of screen just below eye level .
  - Keyboard - elbow height & tilted back/down
  - Mouse - within easy reach.



## Protect Yourself and Others

- Avoid prolonged postures.
- Use proper body mechanics & stretch.
- Stretch & warm-up to start your shift.
- Take mini breaks to stretch.
- Adjust your workstation to fit you. If you have questions, please ask.
- Remind others to follow ergonomic principles.
- Request an ergonomic evaluation of your work area.
- Remaining physically active will help you stay healthy and support you with your job activities.



## Ergonomics Summary

- Ergonomic principles are designed to reduce work-related injuries and stress by adjusting the work environment to fit the worker.
- Stretching, taking “mini-breaks”, adjusting your workstation, and using proper body mechanics will help reduce your chances of getting a work-related injury.

## 2011 Volunteer Annual Safety Update (ASU) Test Questions

Please open the [2011 Answer Sheet](#), print that document and mark your answers on the answer sheet.

Another option would be to open the [2011 Test Questions](#) document, print it and mark your answers, then return either one to Volunteer Services.

### Ergonomics

**41. Ergonomics looks at:**

- A. Adjusting the work environment to fit the worker
- B. Changing business policies
- C. Wellness programs at work
- D. Exercise programs at work

**42. To decrease the risk of a work related injury, you can:**

- A. Take mini breaks to stretch
- B. Adjust your workstation to fit you
- C. Avoid prolonged postures
- D. Do all of the above