

Reduce your risk of Injury —

ErgoSmart

Working Healthy — In Custodial Services

What is it?

Ergonomics means fitting the work to people not fitting people to the work. This means adjusting your workspace to fit you best.

Why?

Being **ErgoSmart** will help to reduce your risk of injuries such as tendonitis, bursitis, sprains, strains and carpal tunnel syndrome.



Who?

Everyone! Whether you are feeling discomfort or not, everyone at work needs to be ErgoSmart

How?

Work Activities

- Use the right tools for the job, such as long handled scrubbers to reduce stooping and bending while cleaning
- Push carts instead of pulling them
- Alternate tasks between your hands, instead of using only one hand
- Rotate your work activities to break up repetitive or awkward tasks
- Take regular mini-breaks for stretching or moving to improve blood circulation and reduce muscle tension

Work Area

- Be sure path is clear before moving materials
- Be sure all equipment is in good working order to reduce the force needed to move or use it

Lift Safe

- Test object weight before lifting
- Maintain natural lower back curve
- Lift using your legs — bend your knees
- Hold the load near your body
- Turn hips rather than twist waist
- Avoid lifting while seated
- Get help to lift heavy or awkward items

Remember:

- Do not reach or twist for items
- Do not move furniture or other heavy objects without help
- Ensure you are wearing proper footwear



FOR MORE INFORMATION ON
ERGONOMICS GO TO

[www.workingatmcmaster.ca/
healthy-workplace](http://www.workingatmcmaster.ca/healthy-workplace)

Mac Fact: 35% of reported workplace injuries at McMaster are related to sprains and strains.