

Reduce your risk of Injury —

ErgoSmart

Working Healthy — Hospitality 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

- Rotate your work activities to break up repetitive or awkward tasks
- Maintain good body postures while standing — maintain natural curve of lower back
- Be sure to stretch or move about to improve blood circulation and reduce muscle tension

Work Area

- Place tools and materials within easy reach when you are working with them
- Ensure that floors are clean, clear and in good repair to prevent slips and trips
- Ensure work surfaces are at correct working height

Knife Safety

- Use the right knife for the job. Knives should not be used for opening boxes or bags, separating frozen foods, or opening bottles.
- Be sure you are using a sharp knife and minimal force. Remember to let the blade do the work for you.
- Always use the correct grip, tuck the fingertips of your supporting hand under the knuckles and cut away from the body.
- Knife slips can happen; make sure your cutting hand is completely dry before starting.
- Place a clean wet towel under your cutting board to decrease movement.
- Maintaining neutral posture is essential for preventing wrist injuries. This can be done by establishing a working height that allows you to maintain relaxed shoulders and keep your elbows close to your sides.



FOR MORE INFORMATION ON
ERGONOMICS GO TO
[www.workingatmcmaster.ca/
healthy-workplace](http://www.workingatmcmaster.ca/healthy-workplace)

Mac Facts: 20% of reported workplace injuries at McMaster are related to cuts and lacerations.
35% of reported workplace injuries at McMaster are related to sprains and strains.