

Workplace Ergonomics

Did you know...

...incorporating ergonomic considerations into the workplace can reduce the potential for discomfort, pain, development of musculoskeletal disorders, and even long-term injuries?



To unlock the benefits of your workplace, consider making these ergonomic practices a daily habit.

Good posture

Poor body position or posture can hinder blood circulation, affect the nervous system, and contribute to injuries and illnesses. It's important to keep feet flat on the floor, back straight, and shoulders relaxed. By clicking [here](#), you'll find more related information.

Monitor placement

Set up your monitor so the top line of the screen is at or below eye level. This should align your eyes with the top of the viewing area of the screen. You should not need to tilt or bend your neck forward to properly see it. Set up your monitor directly in front of you, at least 20 inches away.

Taking breaks

Breaks lead to higher productivity, greater job satisfaction, and more balanced emotional health. It is important to take the time to [stretch](#) and move around, especially if you spend long hours sitting at a desk.

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For more information related to ergonomics, go to the [Canadian Centre for Occupational Health and Safety \(CCOHS\)](https://www.ccohs.ca/).

<https://www.alphaweb.org/>