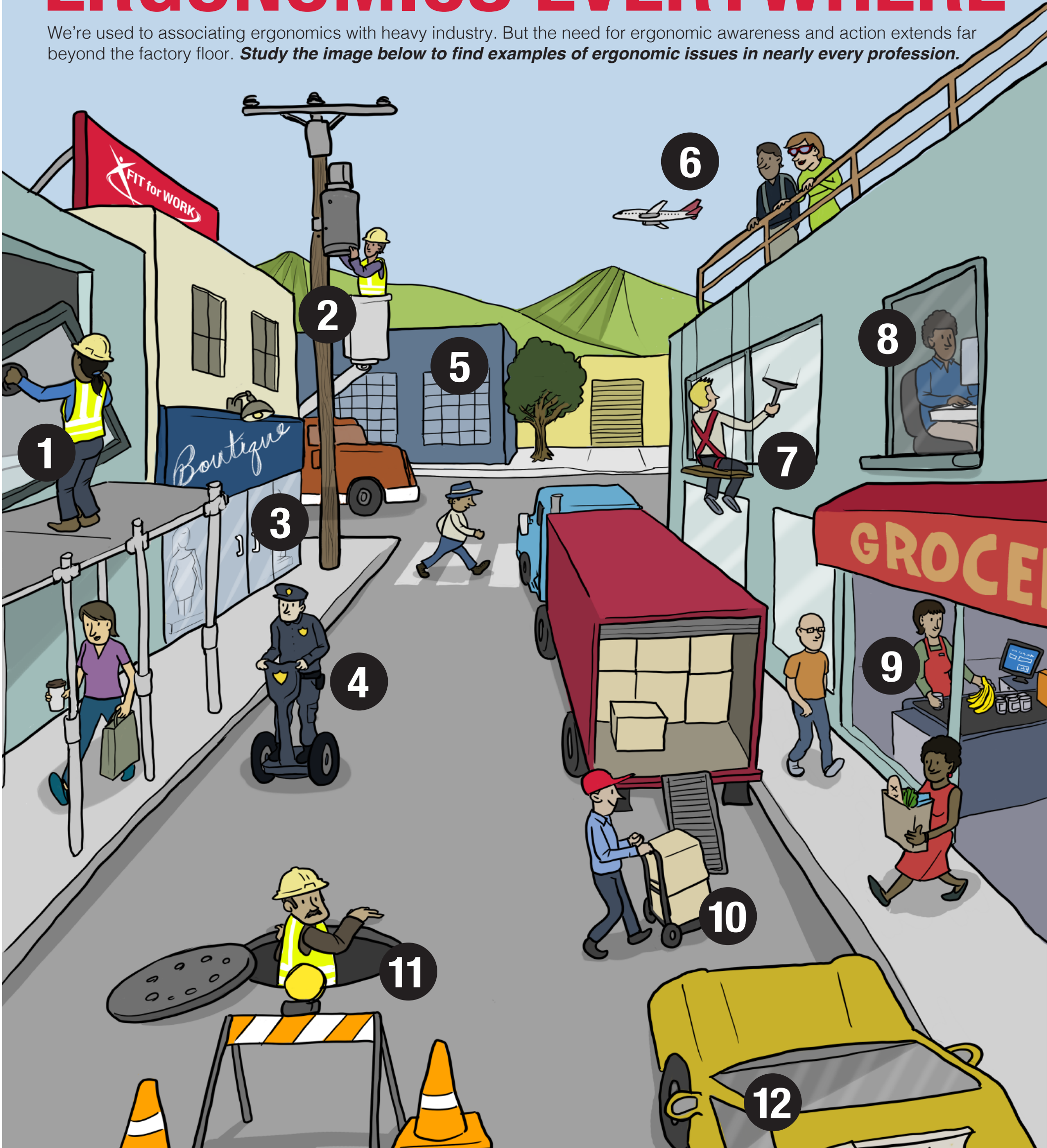


# ERGONOMICS EVERYWHERE

We're used to associating ergonomics with heavy industry. But the need for ergonomic awareness and action extends far beyond the factory floor. **Study the image below to find examples of ergonomic issues in nearly every profession.**



- 1** Workers in the construction trade can be at risk for any number of ergonomic sprains and strains from poor equipment, techniques, or working conditions.
- 2** Without proper ergonomics, this lineman is at risk for hand, shoulder, knee, and back injuries.
- 3** Retail employees need the right tables, chairs, and other workplace accessories in order to maximize comfort and be more productive.
- 4** This public safety officer may need an "ergo-police" of his own to protect him from job-related injuries.
- 5** The inside of this warehouse presents a wide array of potential ergonomic pitfalls that must be navigated in order to avoid injuries and become more productive.
- 6** High above all of this, even pilots and flight attendants find themselves at risk for issues related to working in a small space for long periods of time.
- 7** The window washer needs to be aware of issues caused by repetitive motions, awkward postures, and excessive forces while on the job.
- 8** Office workers may be at risk for injuries associated with poor ergonomics, such as sitting or standing for prolonged periods of time, improper workstation setup, and poor lighting.
- 9** Grocery store employees can be exposed to repetitive motion disorders such as carpal tunnel syndrome or injuries resulting from overexertion.
- 10** Delivering hundreds of packages every day provides many potential ergonomic problem areas for delivery drivers.
- 11** A utility worker could benefit greatly by choosing proper tools and being properly trained on healthy work practices.
- 12** Truck, taxi, and other drivers who spend a majority of their day sitting can experience discomfort and lower back pain.

Learn more about how Fit For Work can help your organization integrate ergonomics and improve worker productivity by giving us a call today.

GIVE US A CALL:

**877-348-4975**

Find out more at: [wellworkforce.com](http://wellworkforce.com)

