
Ergonomics: Fitting the Job to the Worker

The field of ergonomics looks at:

- How people do their work.
- What body movements and positions they use when they work.
- What tools and equipment they use.
- What affect these have on health and comfort.

*The goal is to fit the **job** to the **worker**,
not the worker to the job!*

Effective Ergonomics:

- Fits equipment and the work environment to the person doing the work.
- Accommodates different body sizes.
- Eliminates discomfort and injury.