What Is Ergonomics?

Optimize A Interactions Human Anatomy Biomechanics Human Backache Performance Business Posture Backache Performance Business Posture Backache Performance Business Posture Design Well-Being Health M Process A Therapeutic P Scientific Design Physiology Spinal Employee Shoulder D Spinal Employee Injury Chair

Taken from two Greek words

It's about systems and processes

Not just about postures or back-pain



Challenges while Working from home

Working from home: Key WSBC guideline

- Reporting workplace injuries
- Requirements for education and training
- Worker's duty to follow safe work procedures
- Ergonomic assessments to be performed
 & control measures implemented



Home Ergonomics

Ergonomics is about reducing mismatch between human and product while improving your comfort, health, and productivity with thoughtful workplace design

Some small changes you can make to transform your space into a temporary office





Head balanced. Not tilted forward or back

Relaxed shoulders

Forearms relaxed at side Parallel to desk

Sit back in chair for better support

Stretching Examples







Era Poddar Ergonomics Specialist

