

# What Is Ergonomics?



Taken from two Greek words

It's about systems and processes

Not just about postures or back-pain



manufacturing  
Safety Alliance of BC



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

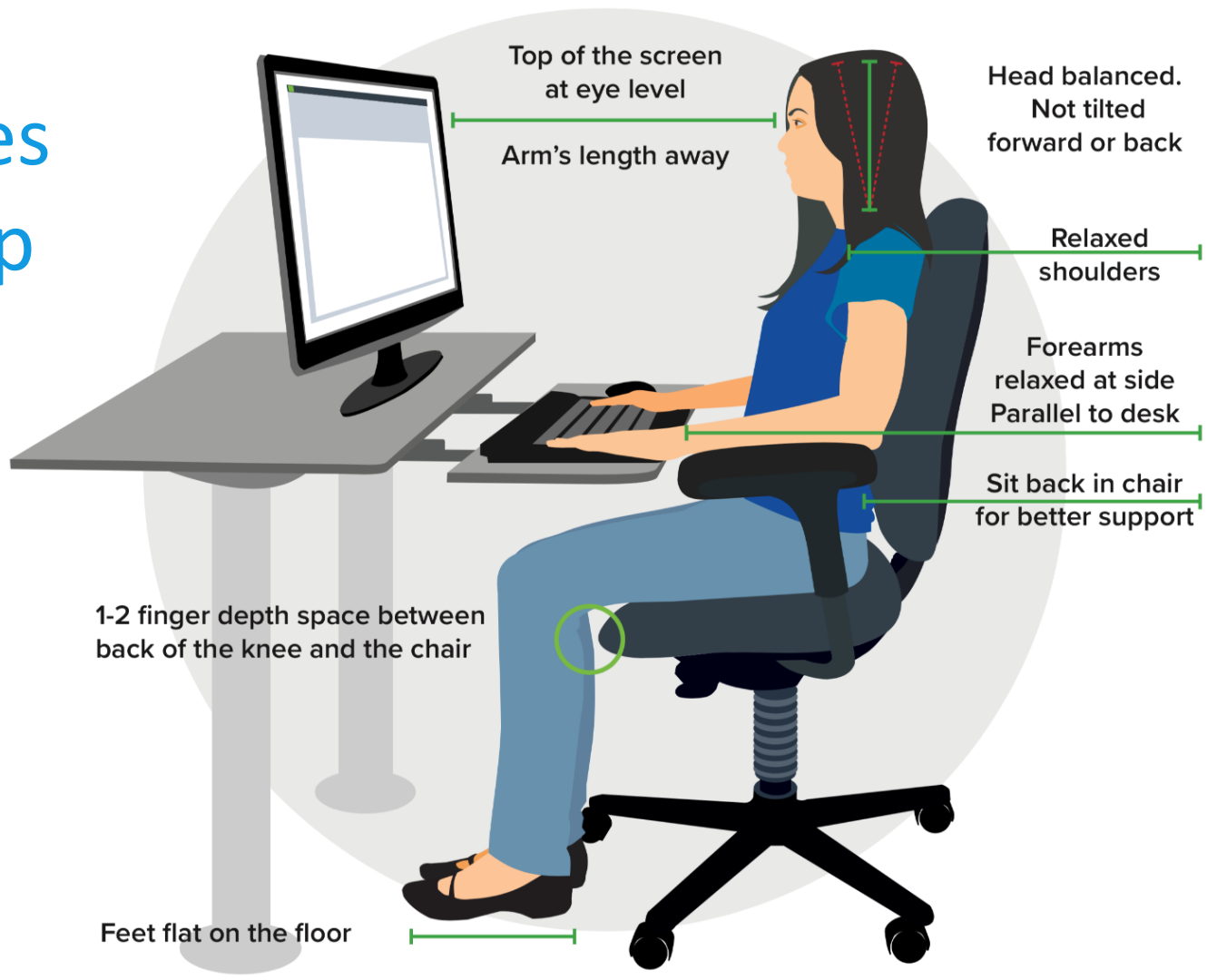


# Home Ergonomics

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

# Best practices for setting up a workspace



# Stretching Examples





# Q+A



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