Ergonomic Program

Occupational Health & Wellness’ Ergonomics Program (Musculoskeletal Disorders Prevention in the Workplace) is designed to provide a framework for recognizing Musculoskeletal Disorders (MSD) hazards and implementing appropriate controls across all departments. Ergonomics is the science of work.

Ergonomics removes barriers to quality, productivity, and safe human performance by fitting products, tasks and environments to people. The University of Guelph’s Ergonomics Program is a systematic process for anticipating, identifying, analyzing and controlling known risk factors. Through collaboration, employees, management, and workplace parties jointly identify and address work related hazards.

Ergonomic related services offered through Occupational Health & Wellness includes:

- Employee/supervisor/safety committee training
- Employee ergonomic assessments
- Evaluation and monitoring of incidents across department
- Early intervention and return to work
- New design, renovation, purchasing consultations
- Office seating assessments and guidelines for an ergonomic office chair
- Additional education and resource materials

Additional information about ergonomics for staff and faculty [1] is available as well as information for Managers about the Ergonomics Program [2].

Please contact OH&W at x54283 for additional information or to book an assessment.

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**Links**

[1] https://www.uoguelph.ca/hr/node/17/
[2] https://www.uoguelph.ca/hr/node/57/