

Ergonomics

The Ergonomics Program at the University of Guelph is designed to increase ergonomic awareness by educating the University community on the prevention of musculoskeletal disorders (MSDs), and their risk factors in order to eliminate ergonomic related injuries while increasing employee performance and satisfaction.

MSDs are wear and tear injuries on components of the musculoskeletal system including muscles, tendons, ligaments and nerves of the body. They may be caused or aggravated by various known physical hazards or risk factors including poor ergonomic set up and are the number one type of work related lost time injury reported to the Workplace Safety and Insurance Board (WSIB) in Ontario.

Ergonomics Learning Centre

The Ergonomics Learning Centre is located in Room 174 of Alexander Hall. It provides employees with an opportunity to test and view ergonomic products such as chairs, mice, keyboards and footrests prior to purchase.

For inquiries, ergonomic assessments, ergonomic equipment viewing, training, or for more information related to ergonomics please contact the Rehabilitation Specialist in Occupational Health and Wellness at 519-824-4120 ext. 54283 or by [email](#). [1]

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Links

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