Ergonomics

The Ergonomics Program at the University of Guelph aims to assist faculty and staff to work safely. Ergonomics applies scientific theory, principles and methods to explore the relationships between the worker job tasks and the workplace. Ergonomics removes barriers to quality, productivity, and safe human performance by fitting products (equipment), tasks and environments to people. The University of Guelph's Ergonomics Program is a systematic process in collaboration with employees, management and workplace parties, for anticipating, identifying, analyzing and controlling known risk factors. The science of ergonomics applies to every workplace and working environment.

Musculoskeletal Disorders (MSDs)

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.

Ergonomics Program

The Ergonomics Program at the University is designed to provide a framework for recognizing MSD hazards and implementing appropriate controls to mitigate the risk of injury.

Components of the Ergonomics Program include:

- Ergonomic Guidelines and Videos [1]
  - ??????? [1]Ergonomics: Steps to Adjusting Your Office Chair
  - Ergonomics While Working Remotely
  - Ergonomics: What to Look for in a Chair
  - Hospitality Ergonomics – Tips to Prevent Injuries
  - Laboratory Ergonomic Tips
  - Manual Material Handling- Tips to Prevent a Lifting Injury
  - Office Ergonomics – Remember the Basics
  - Stretching @ Work
  - Videos – "Ergonomic Workstation Setup" and "Adjusting Your Office Chair"
  - Ergonomic Assessments and Equipment/Chair Fittings for Faculty and Staff [2]
  - Training on Ergonomics and MSD Hazards and Controls [3]
  - Consultation on Purchasing Ergonomic Equipment or Workplace Redesign

For further inquiries please contact OHW by email [4], or by phone at 519-824-4120 ext. 52647.

Source URL:https://www.uoguelph.ca/hr/about-hr/occupational-health-and-wellness-ohw/ohw-programs/ergonomics

Links
[1] https://www.uoguelph.ca/hr/about-hr/occupational-health-and-wellness-ohw/ohw-programs/ergonomic-services/ergonomic-guidelines [2] https://www.uoguelph.ca/hr/about-hr/occupational-health-and-wellness-ohw/ohw-programs/ergonomic-services/ergonomic-assessments [3] https://www.uoguelph.ca/hr/about-hr/occupational-health-and-wellness-ohw/ohw-programs/ergonomic-services/training-ergonomics [4] mailto:ohw@uoguelph.ca