

ERGONOMICS FOR EVERYONE

Designing with Every Employee in Mind

Ergonomics can be an integral part of design, manufacturing, and day-to-day tasks occurring on the job. Take a look at the people below to learn more about the importance of designing the workplace with the well-being of **every employee** in mind.

The valuable demographic of older workers can be protected by allowing work to be done in a **neutral position** and providing the option for **frequent posture changes**.

Designing for wheelchairs and other disabilities calls for additional floor space. Make sure **hallways meet requirements, clear doorspace is available, and plenty of room to turn freely**.



Reaching for objects out of range is common. By considering both **range of motion and repetitive motion**, products can be designed to operate within the optimal ranges.

Repeatedly bending over or remaining in a hunched position can lead to lower back issues and other MSDs. Consider the use of **adjustable workstations** that enable work to be done at elbow height.

Design, Done Right

- 1 Plan for the Future**
If your organization experiences growth or turnover, it is likely the characteristics of the workforce will change.
- 2 Design for All**
Humans come in all different shapes and sizes. Remember, if you design for the average, you design for no one!
- 3 Customization is Key**
Invest in tools, workstations, and equipment with the ability to adjust to the needs of multiple employees.
- 4 Consider a Comprehensive Approach**
Proper education on ergonomic practices and incorporating early intervention to reduce the risk of MSDs can go a long way.
- 5 Employees First**
Design the work environment with the human operator in mind.
- 6 Ask for Help!**
Get in touch with a Certified Professional Ergonomist to perform an official audit of your organization's workplace.

Learn how Fit For Work can help your organization implement ergonomic solutions and support your employees in a healthy and efficient manner.

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