

Issue No. 01	Rev. No: 00	Effective Date: 01.11.2010	WI-30(PI-14; AM-7)
Issued By: M.R		Approved By: HOD -SAFETY	
WORK INSTRUICTION FOR SAFETY PRECAUTIONS ERGONOMICS			

**1. Definition:**

It is the study of how people physically interact with their work – fitting the job, the equipment, and the work environment to the worker.

**2. Objective:**

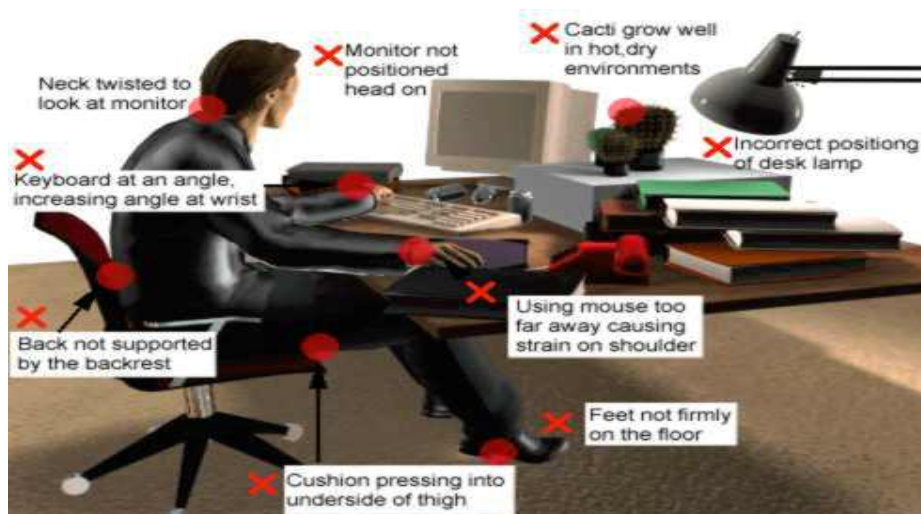
To Work in great safety and comfort with increased productivity

**3. Primary areas of ergonomics:**

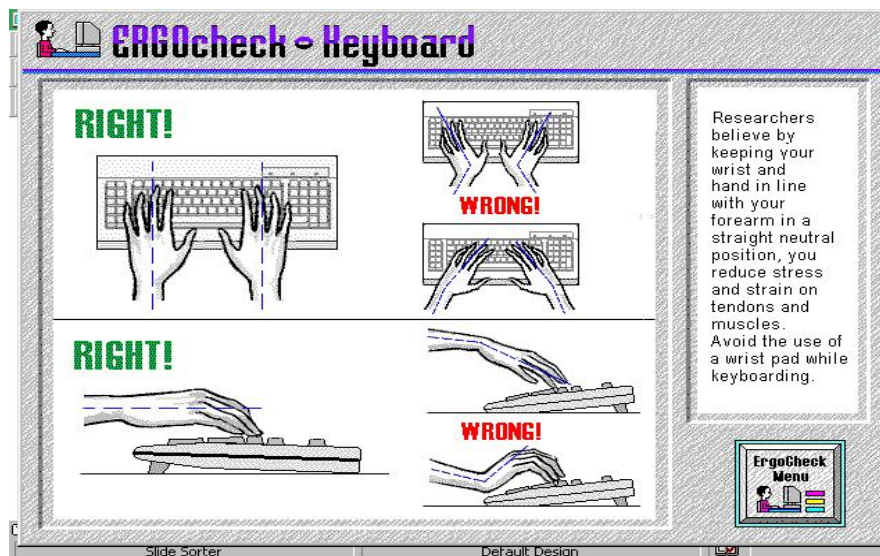
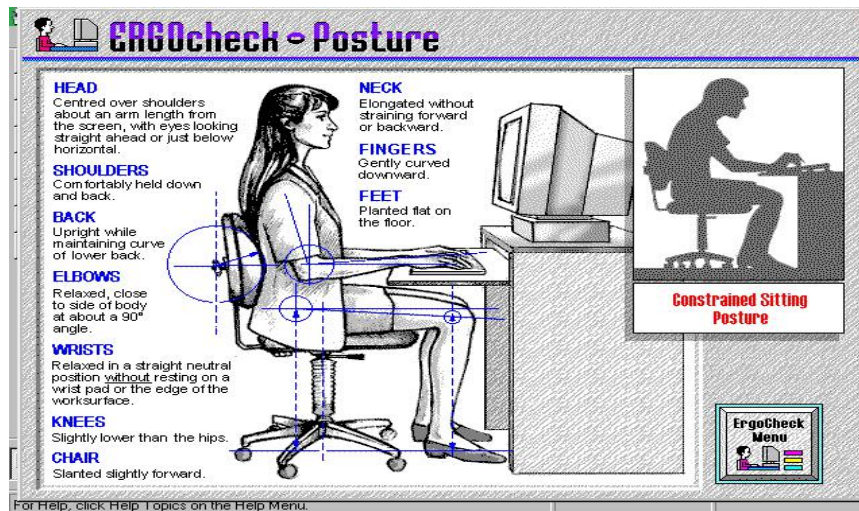
- Monitor Location
- Keyboard Location
- Seating

**4. Injuries of Its Use**

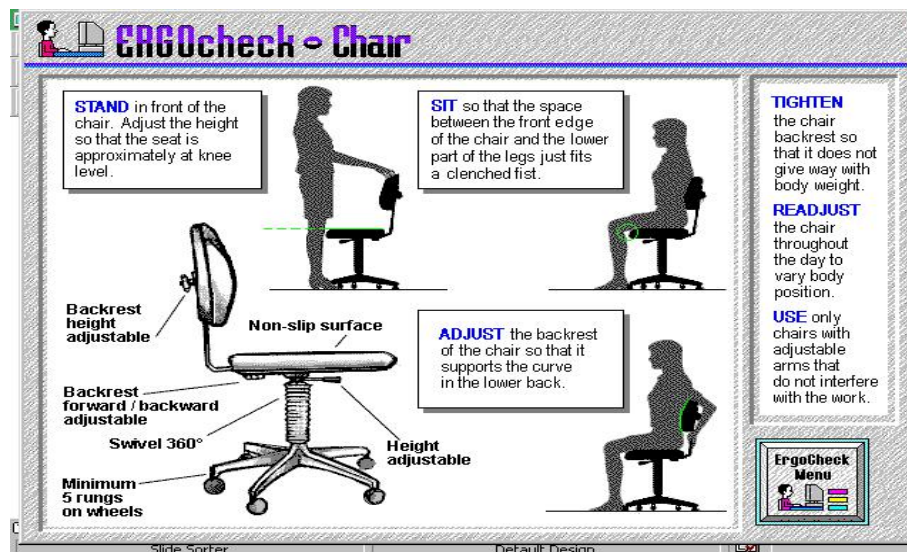
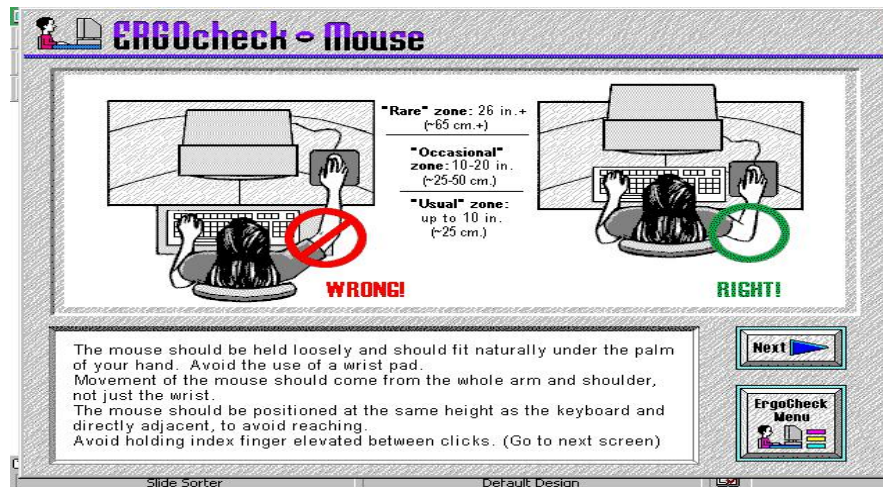
- Eye Strain
- Stiff Back
- Numbness in Hands and Feet
- Fatigue



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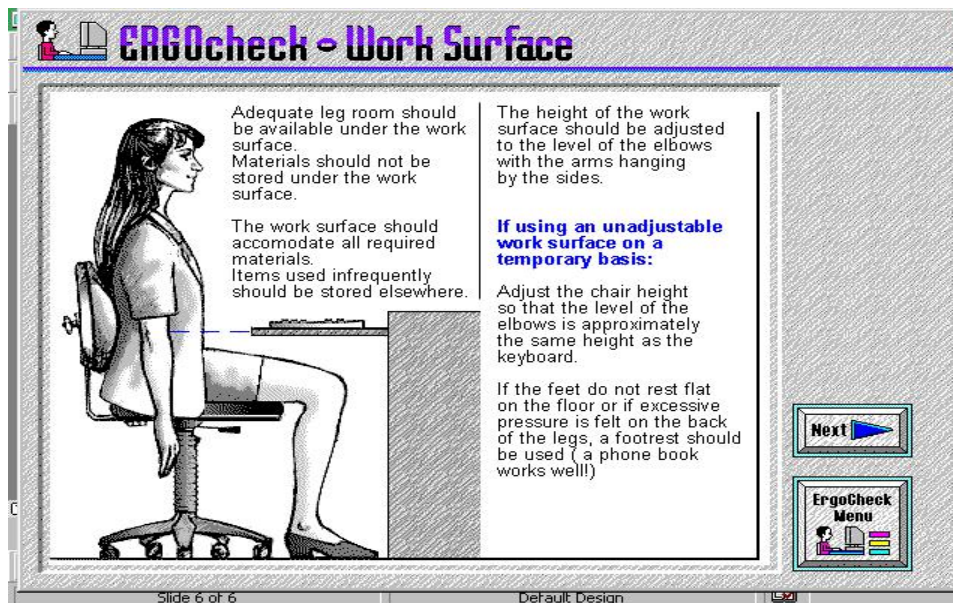
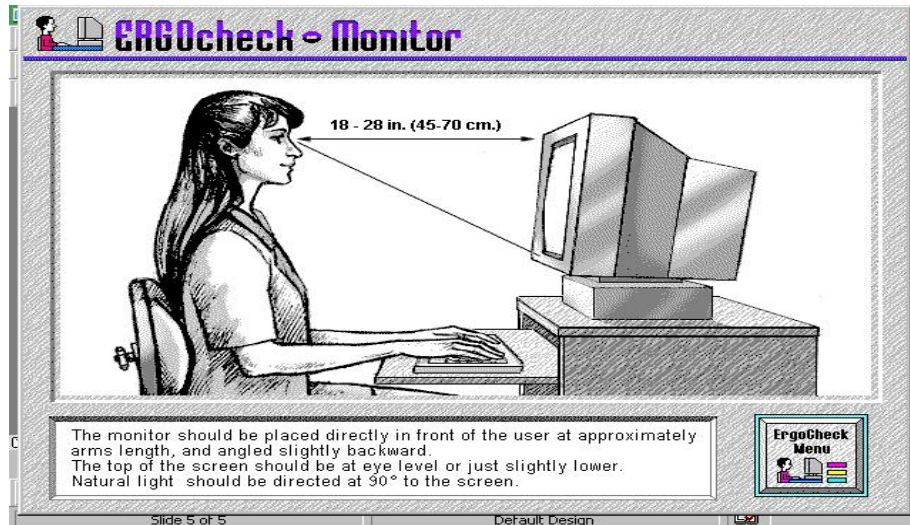


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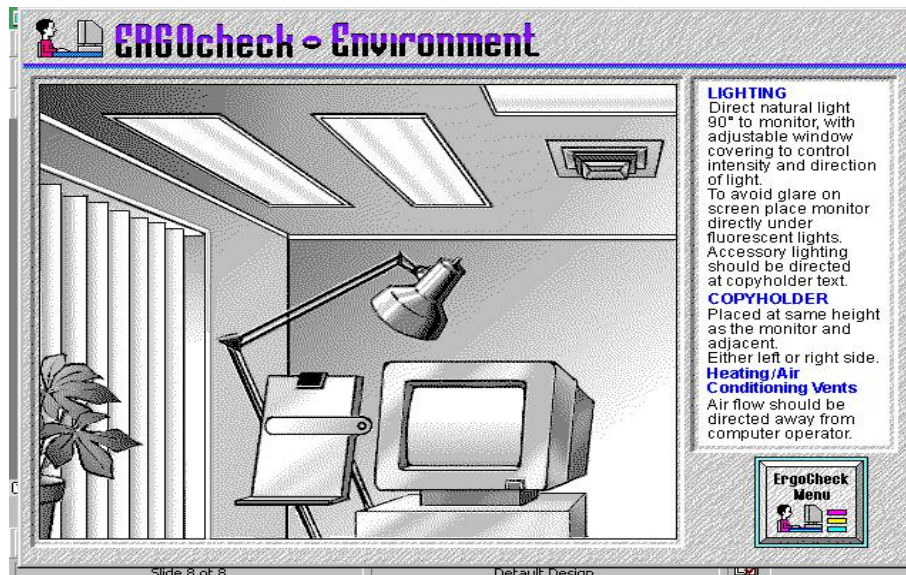
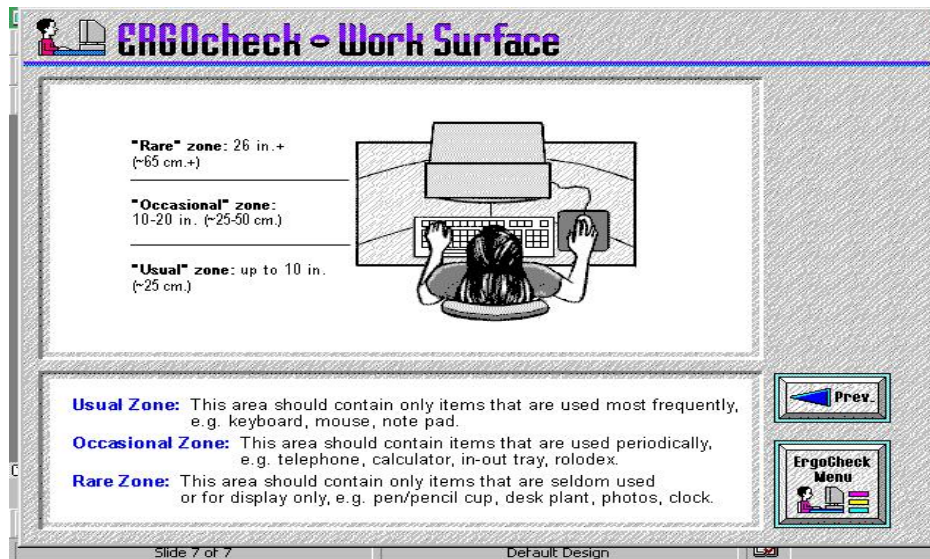




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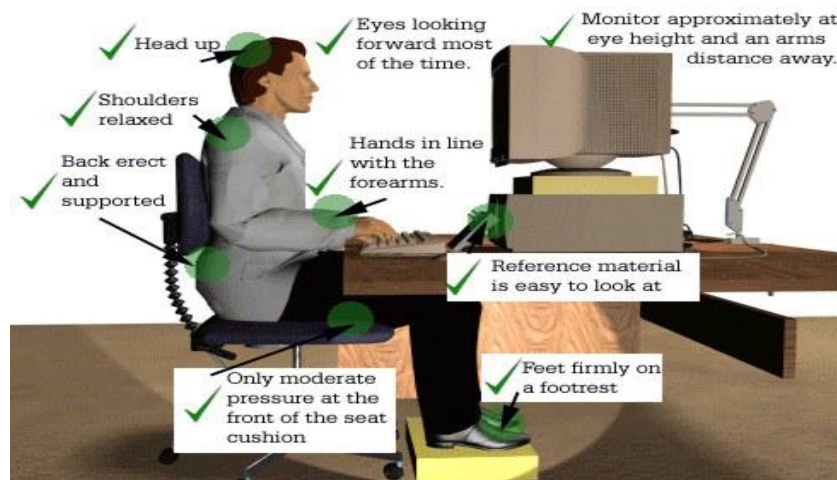


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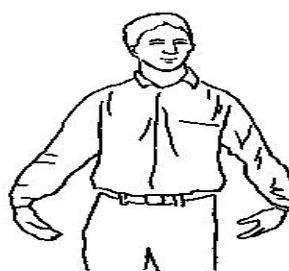


## 5.0 EXERCISES

- One of the biggest injury risk factors is static posture.
- Try to spend at least 5 minutes every hour away from your computer.
- Remember to ONLY stretch to the point of mild tension

### a) Hand Exercises

Tightly clench your hand into a fist and release, fanning out the fingers. Repeat 3 times



### b) Back and Shoulder Exercises

Stand up straight, place your right hand on your left shoulder and move your head back gently. Do the same thing for the right shoulder. Repeat 3 times

### c) Head and Neck Exercises

Move your head front & back and side wards gently. Repeat 3 Times