



Preventing Sprains & Strains

Good ergonomics is a task or tool that:

- Minimizes repetitive motions.
- Alternates repetitive motions with other tasks.
- Places tools and materials within 20 inches.
- Uses a chair with adjustable height and back support.
- Positions a computer keyboard for work with wrists straight, elbows at right angles, and arms resting at sides.

Poor Ergonomics is a task or tool that exposes you to frequent:

- Repetitive motions on a keyboard, machine, etc.
- Forceful exertion of your arm or hand.
- Awkward positions or movements.

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