

Practice Wellness



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ERGONOMICS AND BIOMECHANICS WORKSHOP

According to OSHA, problems associated with prolonged computer use include fatigue, eyestrain and irritation, blurred vision, headaches and pains in the neck, back, arms, and muscles. Conservative estimates of the economic burden imposed, as measured by compensation costs, lost wages and lost productivity, are between \$45 to \$54 billion dollars annually.

Objectives:

- Understand what ergonomics and biomechanics are and why they are important to you.
- Recognize signs and symptoms of musculo-skeletal disorders.
- Understand the anatomy of pain caused by poor biomechanics.
- Recognize which positions can cause biomechanical problems.
- Learn proper ergonomics for personal workstations.
- Receive tips for and benefits of protecting yourself.