

Ergonomics is the science of fitting the work to the worker, instead of requiring the worker to adapt to existing working conditions. Tasks, equipment, and tools that are designed to fit the user and the work task help reduce the risk of work-related musculoskeletal disorders (WMSDs) and other work-related injuries by allowing the worker to avoid ergonomic risk factors. Physical risk factors involve overburdening one or more groups of muscles, nerves, blood vessels, or bones. Harmful repetitive motions, awkward or unnatural postures, excessive immobility, and repeated forceful pressure on susceptible parts of the body cause this overburdening.

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