

What is ERGONOMICS?

Ergonomics is more than just comfortable chairs. It's about making our environment work with our abilities and limitations. It includes the organizational, cognitive and physical fit with our environment.

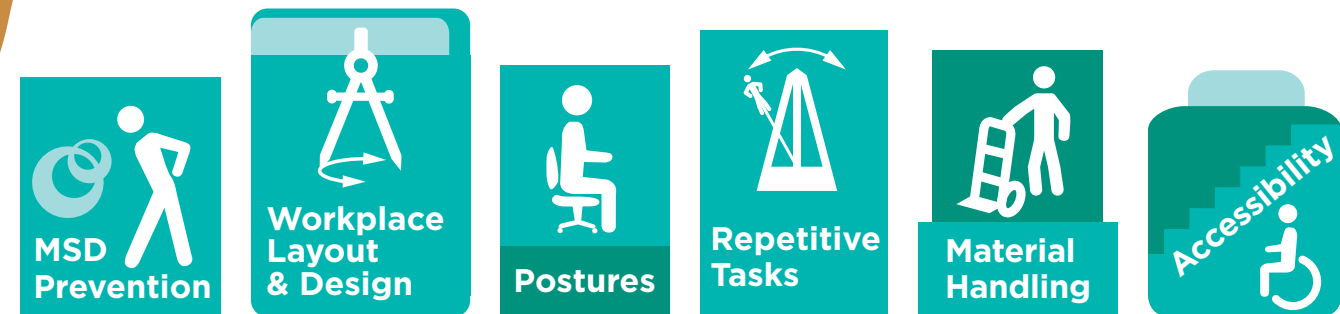
Learn to recognize, report and reduce the risks at play in your environment by spotting the factors to ensure you are working smarter, not harder.

After all...

**Work
shouldn't
hurt**



ORGANIZATIONAL FACTORS



PHYSICAL FACTORS



COGNITIVE FACTORS

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