



WORKING FOR A HEALTHIER FUTURE

# **I'm an Ergonomist**

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# I'm an Ergonomist



- “So you should be able to tell us when we are going to come out of this recession then.”

# I'm an Ergonomist

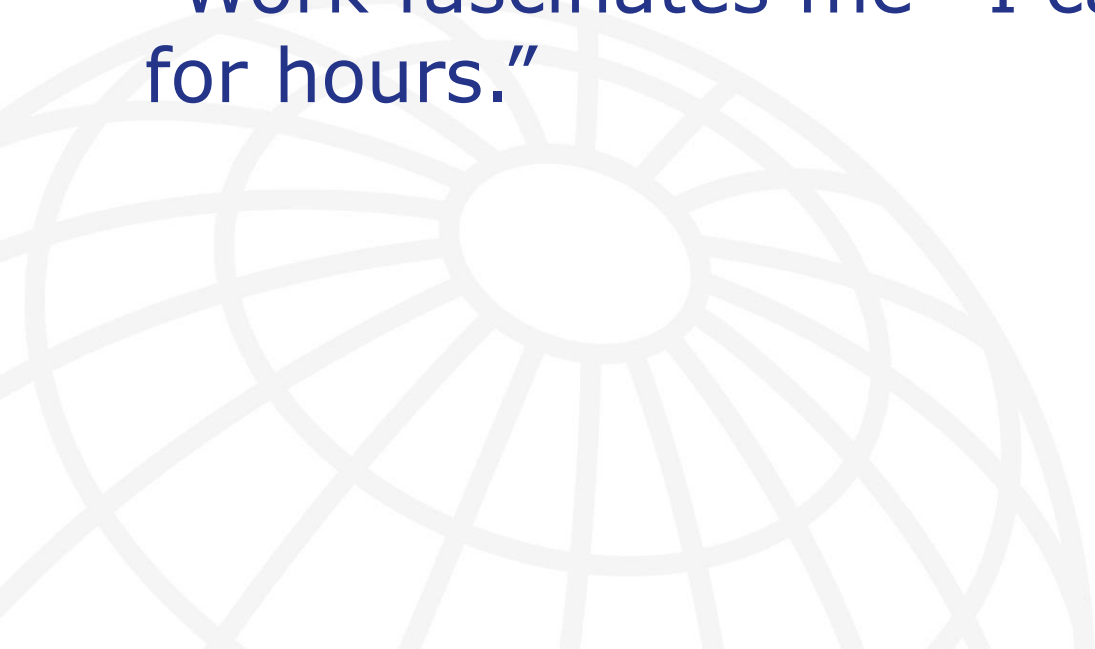


- “So you should be able to tell us when we are going to come out of this recession then.”
- What is an Ergonomist and what do they do?

# I'm an Ergonomist



- “Work fascinates me –I can sit and watch it for hours.”



# I'm an Ergonomist



- “Work fascinates me –I can sit and watch it for hours.”
- Even better – I get paid for doing that!
- If you know what an ergonomist does you have more chance of knowing that you need one.

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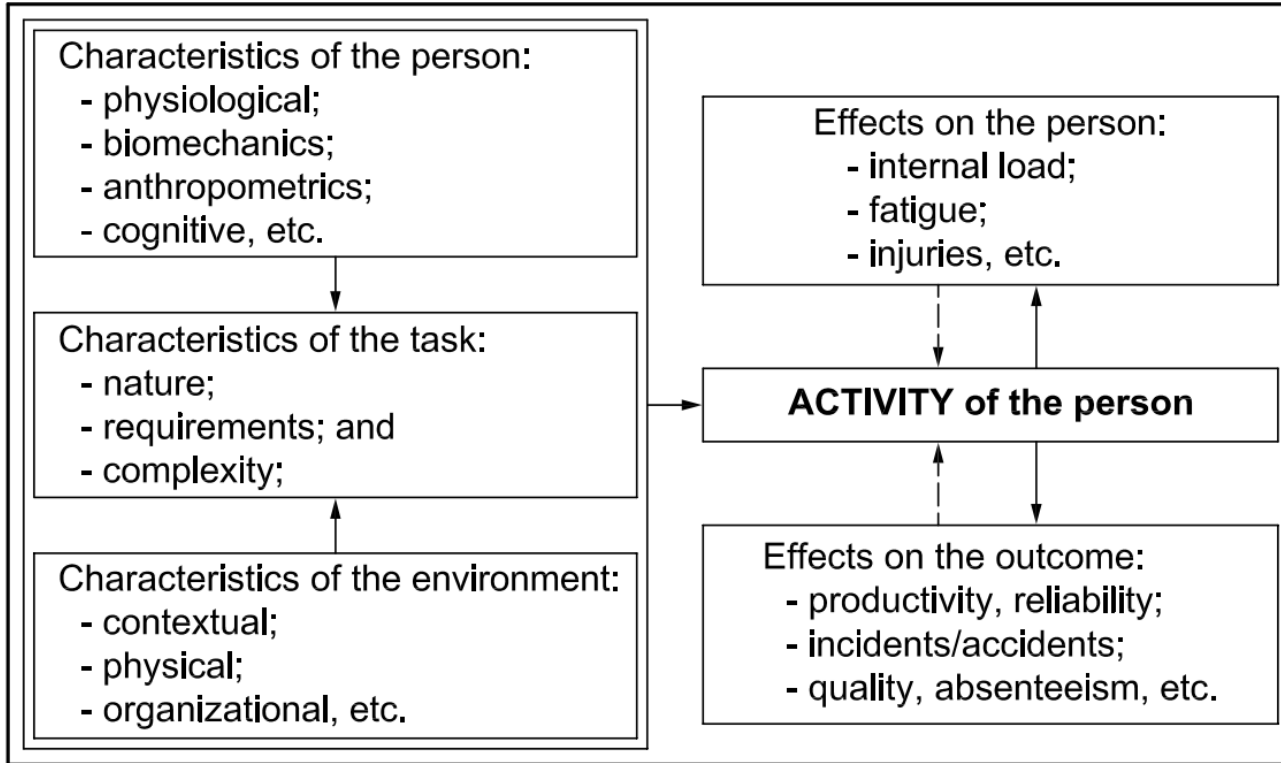
- “Ergonomics (or human factors) is the scientific discipline concerned with the understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, data and methods to design in order to optimize human well-being and overall system performance.” IEA
- Ergonomics: “Fitting the task to the person”.

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- There is much more to ergonomics than sitting correctly.



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Example of factors to be taken into account in optimizing system performance : ISO 26800



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MSDs



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Work design and  
stress at work



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## Workplace design



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## Accidents



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PPE



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Human error



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- Any questions?



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