

# SAFETY SEGMENTS FEBUARY

## Ergonomics



### WHAT WE'RE LEARNING

Ergonomics plays a bigger part than just an office chair or the height of a monitor. Ergonomics can be found in any department and plays a pretty crucial role in all that we do and in maintaining that we can do it for years to come. While we may not be able to change everything to make it ergonomic for everyone, we should always strive to make it as safe as we can for the majority. We might need fatigue matting in front of the sink for washing dishes, but might need to add a step stool for someone shorter as it is a deep sink. There are a world of possibilities in ergonomics and not all are costly or hard to do. With planning and communication, we can all contribute to being safe.

### GUIDING QUESTIONS

- Can you think of a task where you think Ergonomics could be improved?
- Do you feel as an organization that we do well with the ergonomics in each department?
- Can you name something Ergonomic that we use in our department?

#### Notes to the Team Leader:

Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

### DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of **Ergonomics by Department**. After everyone is done, use the guiding questions to facilitate a group discussion.