

# Ergonomics by Department



Continuing Care  
Safety Association



## Dietary

- Proper Lighting
- Fatigue Matting
- Easy to grip tools
- Safe Lifting Techniques



## Housekeeping

- Long handled Tools
- Kneepads
- Beds away from walls
- Rotate tasks



## Maintenance

- Proper Ladders
- Powered Tools
- Easy to grip tools
- Safe Lifting Techniques

Here are some key aspects to keep in mind when evaluating ergonomics.



## Laundry

- Handles on Carts
- Limit load weight
- Keep frequently used items in easy reach
- Safe Lifting Techniques



## Office/Admin

- Proper Lighting
- Sit/Stand Desk
- Proper Monitor Height
- Safe Lifting Techniques