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University Medical Centre Ljubljana

ERGONOMIC RISKS IN CASE OF YOUNG WORKFORCE and/or COMPUTER WORKFORCE

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EASOM Summer School Miskolc

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What is ergonomy?

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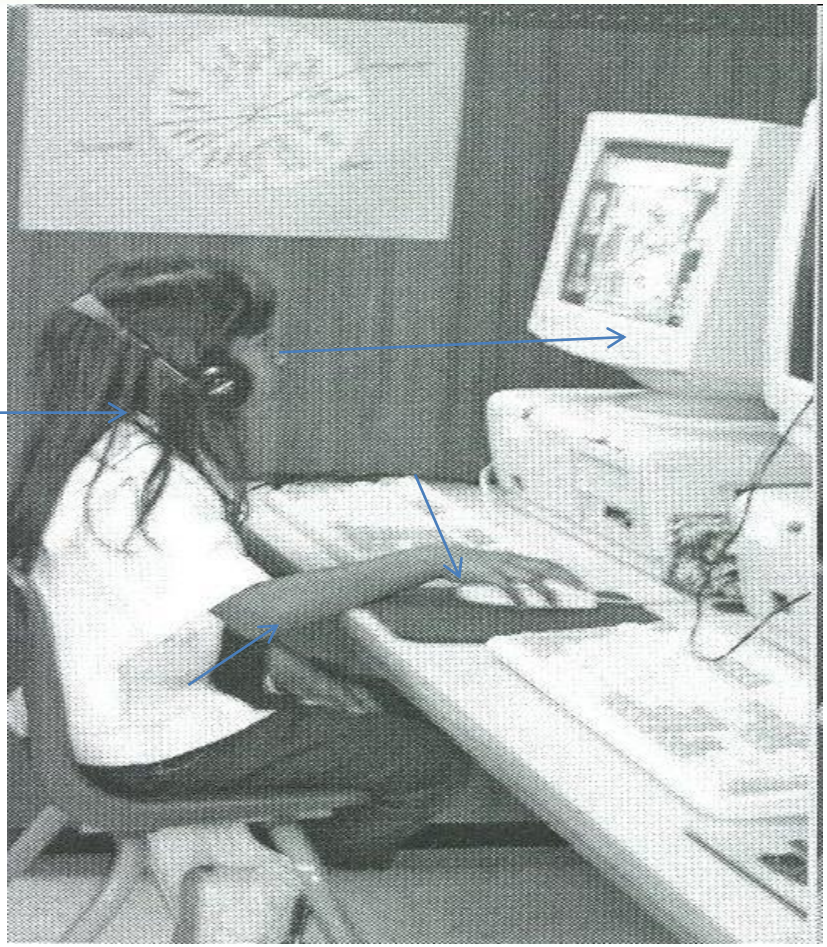

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Principles of Ergonomics

Dan MacLeod, 1990, 2008
http://danmacleod.com/ErgoForYou/10_principles_of_ergonomics.htm

Putting on Your Ergonomics Glasses The basics of ergonomics do not need to be hard. Much of it amounts to looking at routine activities from a new perspective — putting on your ergonomics glasses.

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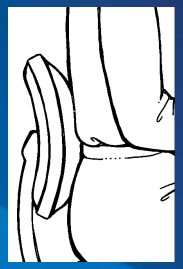
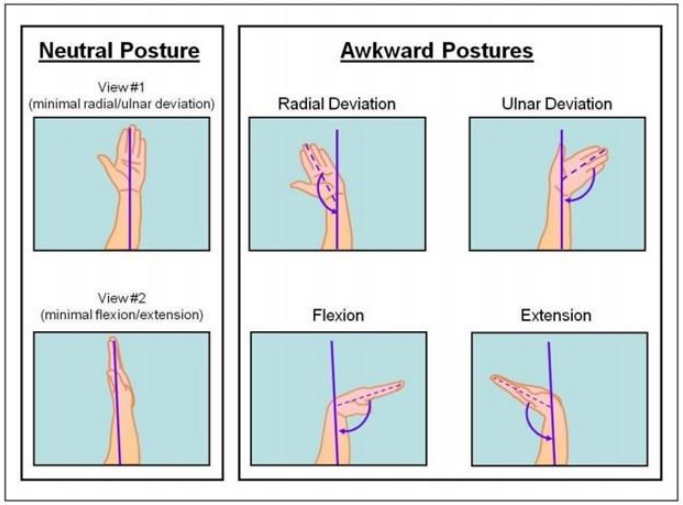
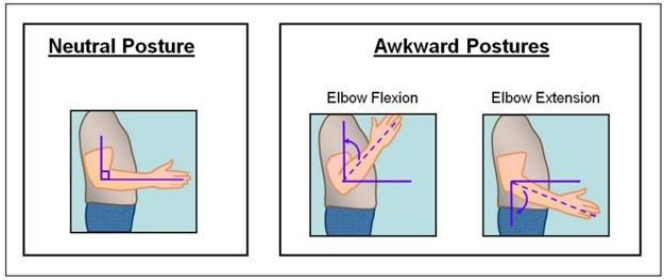
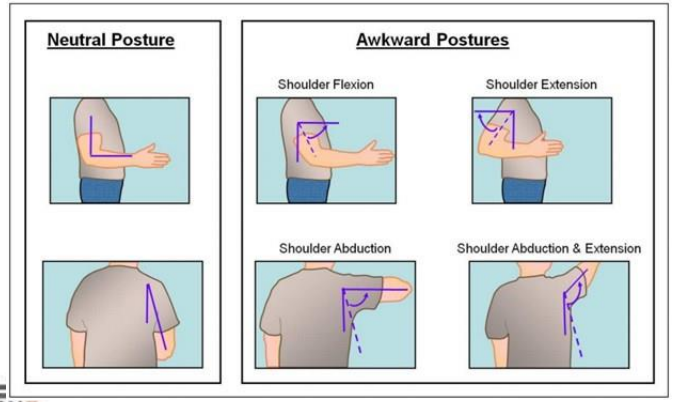
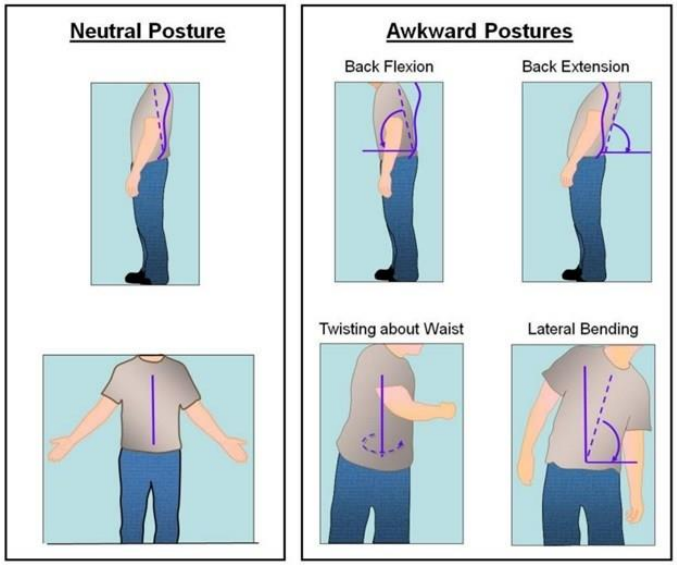
1. Maintain Neutral Posture











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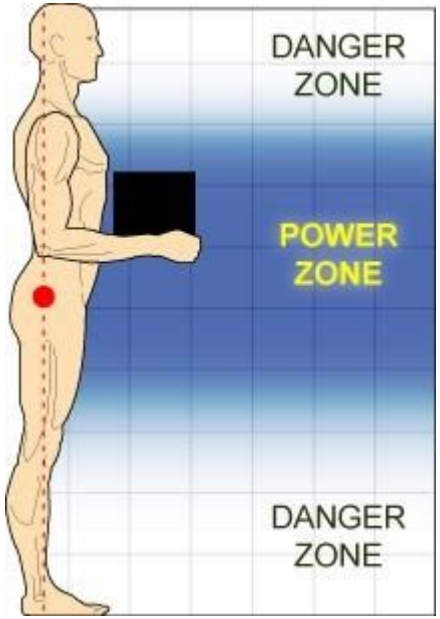
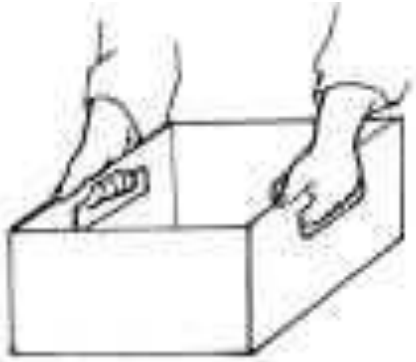
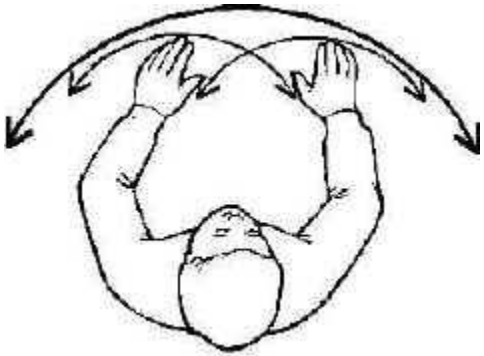
2. Reduce Excessive Force





3. Keep Everything in Easy Reach



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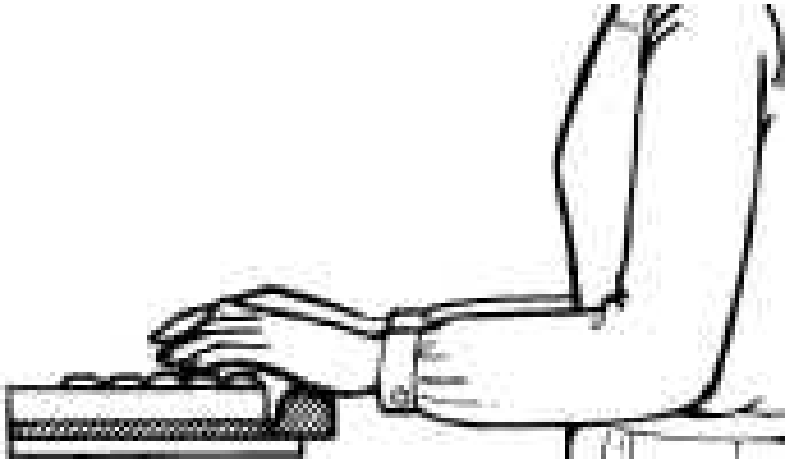
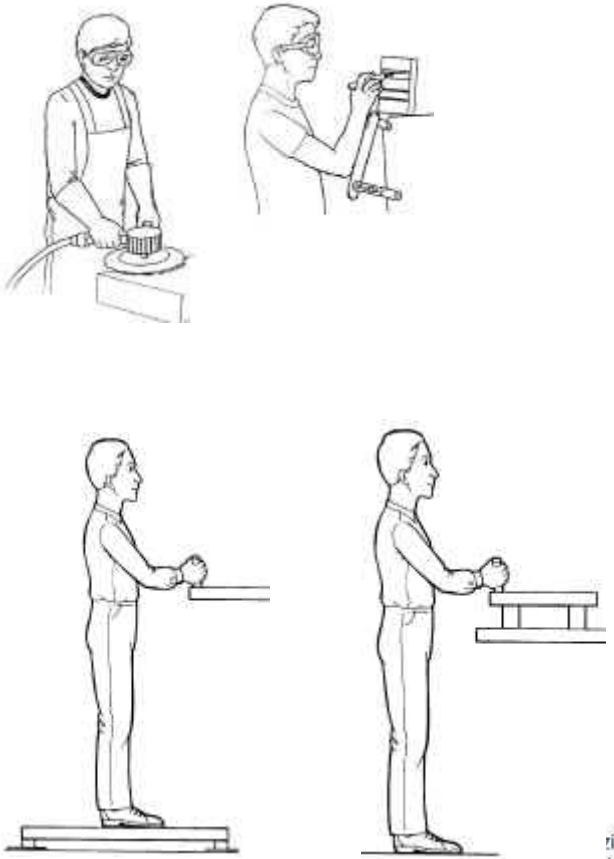
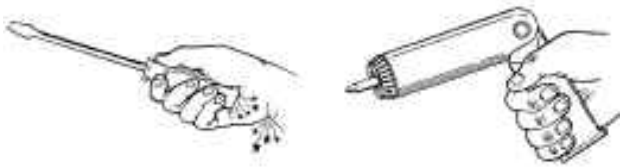
4. Work at Proper Heights

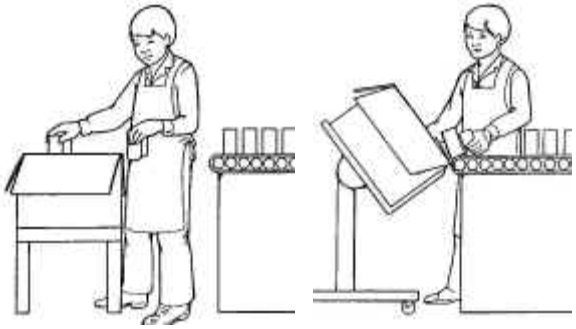


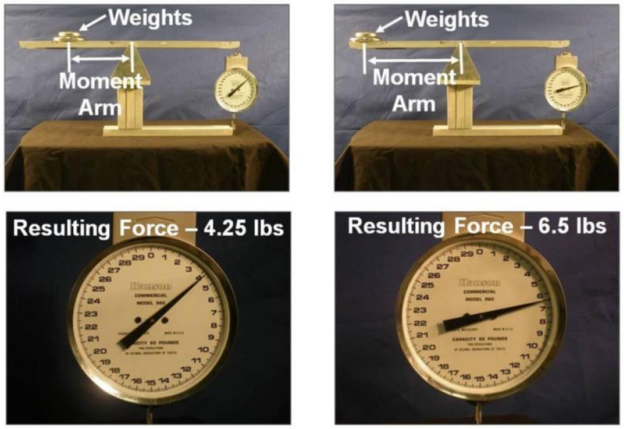


5. Reduce Excessive Motions

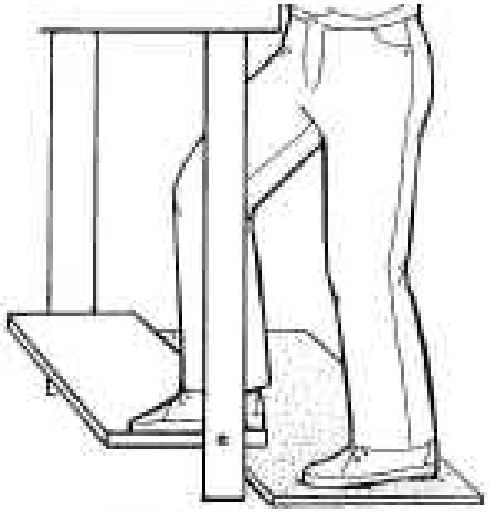
How to reduce repetitive movements at the computer ??



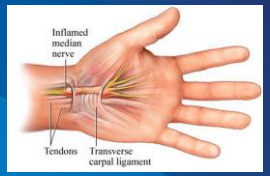


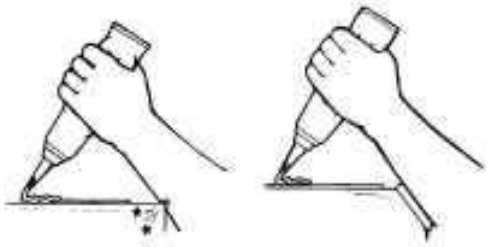


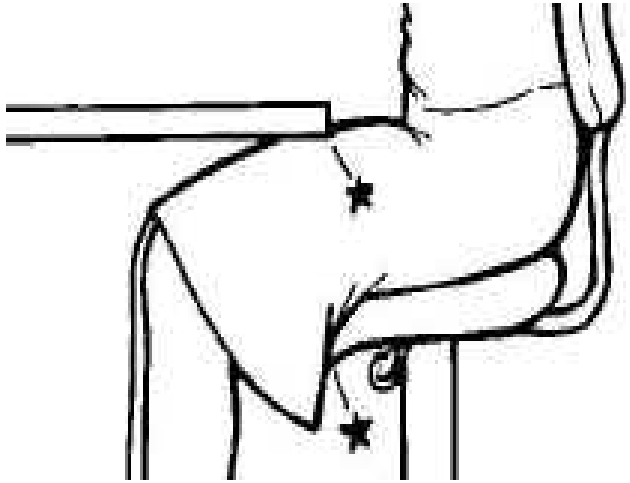
6. Minimize Fatigue and Static Load



7. Minimize Pressure Points







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Children will often tilt forward on the legs of their chair to relieve back pressure. By tilting their chairs forward they avoid bending their backs, allowing the front and back muscles to relax, and thereby sitting in a more comfortable position with a straight back.

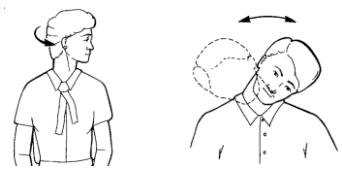
Mandal Chair and Table

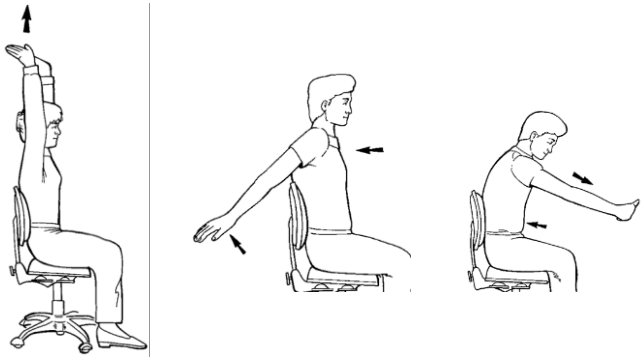
(http://acmandal.com/)

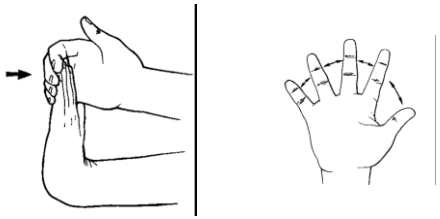
8. Provide Clearance

9. Move, Excercise and Stretch

You should not conclude after geting all the preceding information about reducing repetition, force, and awkward postures, that you're best off just lying around pushing buttons. Muscles need to be loaded and your heart rate needs periodic elevation.







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10. Maintain a Comfortable Environment

Adequate lighting and not glare !!

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11. Make Displays and Controls Understandable

12. Improve Work Organization

Act wise and do not work hard!

Thank you very much for your attention!

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