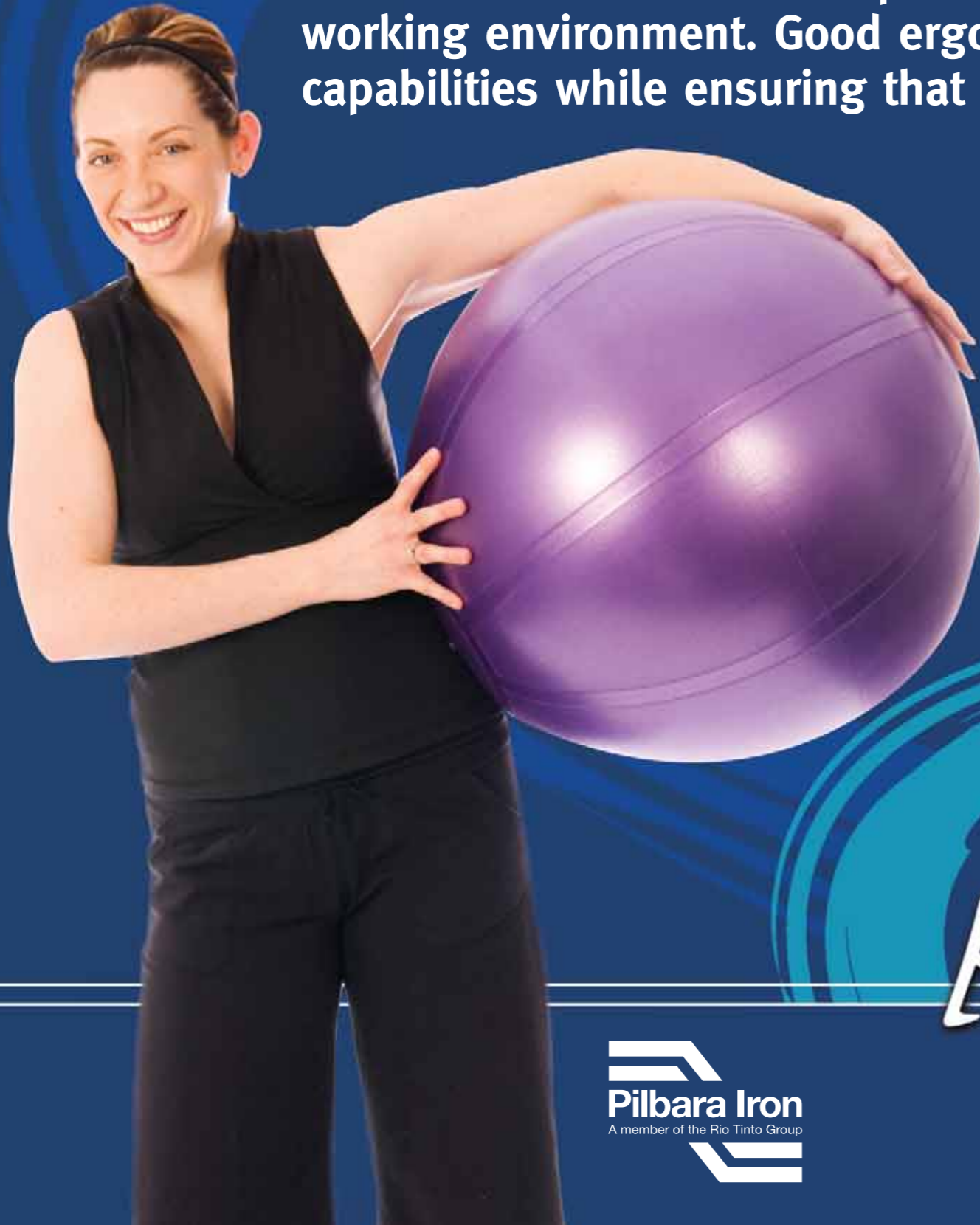


# What is Ergonomics?

Correct Your  
Posture



It is the science aimed to optimise the relationship between people, their workplace and working environment. Good ergonomic design makes the most efficient use of worker capabilities while ensuring that job demands do not exceed those capabilities.



Pain and Injuries are caused by:

A “bad fit” between the workstation, work area or mobile equipment and the user

Repeated use of same muscles

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