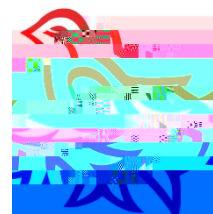


OFFICE ERGONOMICS

GUIDE FOR EMPLOYEES



The ergonomics program at UVic actively promotes practices to ensure the health and safety of all of our employees.



WHAT IS ERGONOMICS?

Ergonomics is the science of adapting tools, workstations, equipment and job practices to help reduce the risk of injury. It involves matching the work (job) to the worker (individual). Workstation set-up, safe lifting techniques, proper posture, appropriate seating position, and adaptive equipment are only a few of the many

