



ERGONOMICS

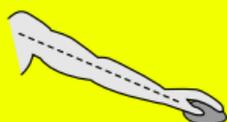
at the ALS

Workstation Injuries

Ergonomic-related injuries account for more than 70% of all accidents at Berkeley Lab!

Top risk factors for workstation injuries

Awkward positions and repetitive actions



Mouse Arm



Bent Wrist



**Raised
Shoulders**

How to prevent injury

- Use proper, ergonomically correct accessories (chairs, keyboard trays, etc.).
- Request ergonomic evaluation of workstation (ergo@lbl.gov).
- Avoid repetitive motion for extended periods.
- Stretch, move around, install stretch LBNL's software.
- Notify supervisor of any ergonomic discomfort immediately.

FOR MORE INFORMATION

Berkeley Lab Health and Safety Manual: Ergonomics

www.lbl.gov/ehs/pub3000/CH17.html

Stretch Software Download —

www.lbl.gov/ehs/ergo/stretchdownload.shtml

Workstation Evaluation —

ergo@lbl.gov, x5818