

DoD Ergonomics Working Group NEWS



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**To Celebrate
National
Ergonomics
Month**

It's a fact...

All of our fact sheets have been updated!

Carrying too heavy a load? Sitting on the wrong desk chair? Hunching over your laptop? Solutions to these problems and many more can be found in our fact sheets. Go to our website—click on Publications and then Fact Sheets—and download and print:

- You should know about work-related musculoskeletal disorders.
- You should know about carpal tunnel syndrome.
- Selecting the proper hand tools can make your work safer and easier.
- Selecting the proper powered hand tool can make your work safer and easier.
- You can redesign an unsafe manual material-handling task.
- You should know how to safely perform lifting and lowering tasks.
- You should know how to safely perform pushing and pulling tasks.
- You should know how to safely carry heavy loads.
- You can evaluate ergonomic products to see if they truly meet your needs.
- You can make your computer workstation "fit" your needs.
- You can arrange your desk so that it's right for you.
- You should know what to look for in an ergonomic chair.
- Your computer workstation may need a footrest.
- Your computer workstation should include a monitor that's easy to view.
- Your computer workstation should include the right keyboard for you.
- Your computer workstation should include the right input device for you.
- A document holder can help improve posture and reduce eye strain.
- Your computer workstation should receive appropriate lighting and guard against glare.
- You should know how to prevent injuries while using your laptop.
- You can troubleshoot pain and discomfort in your office.
- If you are taking care of infants and toddlers, you need to take care of your back.