WORKSTATION ERGONOMICS

Even when the design of the workstation is correct and environmental factors are at their best, users can face risks from task organization, which can intensify the impact of other risk factors, such as repetition. Addressing task organization factors, performing a workstation evaluation, increasing ergonomic awareness and training, applying good ergonomic practices and medical awareness can help minimize the risk of injury and be beneficial to you and your department. Below are warning signs and solutions to help prevent small problems from developing into serious injuries.

Warning Signs
- Numbness or a burning sensation in the hand
- Reduced grip strength in the hand
- Swelling or stiffness in the joints
- Pain in wrists, forearms, elbows, neck, or back
- Reduced range of motion in the shoulder, neck, or back
- Dry, itchy, or sore eyes
- Blurred or double vision
- Arching or tingling
- Cramping
- Loss of color in affected regions
- Weakness

Solutions
- Contact your supervisor and Department Safety Coordinator to request a workstation evaluation
- Increase awareness: attend an ergonomic training class and apply good ergonomic principles
- Request assistance from Environmental Health and Safety (EH&S)

Visit [www.ehs.ucr.edu](http://www.ehs.ucr.edu) for additional information or call EH&S at 827-5528 if you have any questions.