

## 10. **ERGONOMICS**

### 10.1 **Policy**

It is the policy of the University that ergonomics is an important aspect of occupational health and safety. Whenever possible, the University will purchase ergonomically designed furniture and equipment to ensure good workplace design. The employee's physical condition, attributes and duties should be considered when designing the workplace or purchasing equipment and furnishing. Ergonomic assessments can be performed by the Safety Officer upon request.

### 10.2 **Ergonomic Assessments**

An assessment can be performed by the Safety Officer if requested by the faculty or staff member. The assessment will include a physical review of the workplace, equipment, furniture, duties and the physical ability of the employee. Recommendations will be made with respect to improvements that can be made to provide a better ergonomic design. On occasion, a physiotherapist or other medical practitioner may also be involved in the process to ensure good design.

### 10.3 **Carpal Tunnel Syndrome**

This disease affects many Canadians and is on the rise. It occurs mainly due to repetitive tasks involving wrist rotation, flexion or extension. It can be prevented by reducing the amount of strength required to perform a task, reducing the repetition needed to do the task, or by relieving the pressure being put on the wrist. Good computer workstation design can alleviate some of the symptoms, or can slow their progression once begun. At best, good computer workstations can prevent the disease from beginning. Many tools are now on the market to try and reduce the occurrence of this disease, although consultation with an expert is advised prior to purchasing them.

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|                             |          |
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