

# Ergonomics

<http://www.hr.ubc.ca/wellbeing-benefits/workplace-health/ergonomics/>

Ergonomics play an important role in our safety and well-being. The proper ergonomic design of our workspaces can minimize the risk of a wide range of injuries – from eye strain and carpal tunnel syndrome to persistent neck or back pain.

Fortunately, many potential injuries can be avoided by making a few simple changes to the set-up of our workspaces and bringing awareness to the repetitive movements we perform as part of our daily work. The UBC Ergonomics program offers a range of services to promote optimal working postures and practices to reduce workplace musculoskeletal injuries, this includes information and training on the below items:

- Office Ergonomics
- Ergonomic assessment
- Ergonomics Purchasing & Design
- Classroom Ergonomics
- Lab Ergonomics
- Ergonomics Training & Workshops
- Ergonomic Regulations and Accident/Incident Investigations
- Manual material handling Ergonomics
- Ergo your posture
- Pregnancy and Ergonomics
- Customized ergonomics workshop available upon request: [ergonomics.info@ubc.ca](mailto:ergonomics.info@ubc.ca)

For more information or if you would like training, please contact our UBC ergonomics advisor **Abigail Overduin**, who is a Canadian Certified Professional Ergonomist and is UBC's Ergonomics Program Lead ([ergonomics.info@ubc.ca](mailto:ergonomics.info@ubc.ca) or **604-822-9040**).