

## Ergonomics in the Printing Industry



Ergonomics is the study of people and their interaction with the elements of their job or task including equipment, tools, facilities, processes, and environment. It is a multidisciplinary field of study integrating industrial psychology, engineering, medicine, and design.

aspects of the work or workplace insult the human body, the result is often a musculoskeletal disorder (MSD).

In a more practical sense, ergonomics is the science of human comfort. When the human body, the result is often a

Workers involved in printing processes may be at risk of developing musculoskeletal disorders (MSDs) from workplace activities which force them to work outside their physical capacities (i.e., lifting an item that is too heavy, or lifting too often, or working in awkward body postures).

MSDs are a serious problem as they can increase the number of employee lost work days, increase insurance costs, increase training and staffing costs, and reduce operation efficiency and quality. Changes which allow employees to work within their physical limits reduce the number errors, sick days, and injuries and enable employees to be more productive and produce a higher quality product. Ergonomic improvements are often simple and obvious, but even if they require significant effort they generally justify the resources spent. Good ergonomics is good business.

A detailed discussion of **Ergonomics** in the printing industry can be found on the Federal Occupational Safety & Health Administration (OSHA) website. [Click Here](#)