

# **Ergonomic issues should be addressed to prevent injuries at work**

Workers in Pennsylvania are at risk for suffering many different types of workplace accidents. One common cause of workplace injuries that is often overlooked by many employers and workers are musculoskeletal disorders that are caused by workplace ergonomic issues.

Musculoskeletal disorders include carpal tunnel syndrome and other injuries caused by putting too much stress on a worker's body. Workplace ergonomics can significantly impact injuries in the workplace, especially if a company does not properly address ergonomic issues. Ergonomic injuries can cause serious pain that can cause long-term damage to workers as well as require surgeries to try to repair and alleviate pain.

All employers should be aware of the impact ergonomics can have on workplace safety and workplace injuries. Employers should take steps to make sure that workplaces are not putting workers at risk for suffering a musculoskeletal injury. This includes making sure work surfaces are at the proper height, providing chairs that fit comfortably and placing shelves and bins at an appropriate level that won't increase the risk of an injury.

Workplaces should review and take steps to make sure their workspace is safe by making sure workers are not in static postures all the time, they don't have to be in awkward postures or positions to complete a task and tasks are not too repetitive. All of these factors can contribute to injuries at work.

Employers need to take steps to reduce the risk of musculoskeletal disorders and make sure ergonomic safety

issues are being addressed. Injured workers should be aware that they can file a workers' compensation claim for musculoskeletal disorders and it may be beneficial to consult with a workers' compensation attorney to discuss all of their options after suffering a workplace injury.

**Source:** EHS Today, "[Four Simple Ergonomic Steps to a More Productive Workplace](#)," James Anderson, Aug. 8, 2013