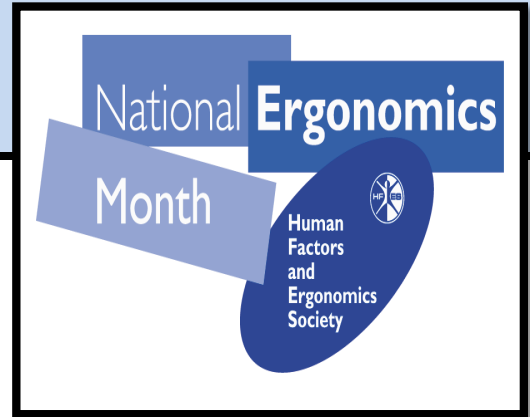


October is

Derived from the Greek words Ergon (work) and Nomos (laws) to mean “the science of work,” ergonomics studies the interaction between humans and systems. Also referred to as human factors, it considers physical, cognitive, social, organization, environmental and other relevant human factors in the design and arrangement of things people use.



Do you like your split keyboard, lift-gate on the back of your truck, or your adjustable car seat? Answer "yes" to any of these and you might be indicating that what you really like is ergonomics.

If it makes your life a little easier or more comfortable, or it helps make you more efficient and accurate, odds are ergonomics was part of the design.

So, as you recognize what ergonomics has added to your work and personal life, take a minute to celebrate it!

<https://one.illuh.org/vip/Departments/LLUSS-Departments/Risk-Management/Areas-of-Service/Ergonomics>