Back Fit -Ergonomics and Correct Lifting

Proper lifting



Preparation includes: Reduce load weight; use tools; create an ergonomic environment; even weight distribution; get help from others, etc.

Proper pick up: Stand with legs hipwidth apart. Bend the knees and push the buttocks backward while keeping the back straight. Exhale when lifting. Reverse the sequence when lowering and avoid sudden movements.

Ergonomics in the workplace

Enough space and privacy

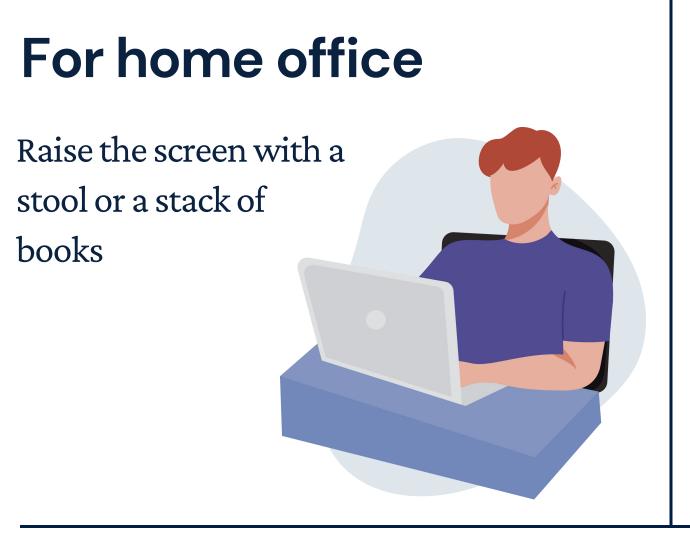
Temperature approx. 20 - 24°C

- Individual adjustment
- Elbows at table level
- Screen-to-eye distance approx.60-80 cm

Proper carrying:
Carry close to the body's center
Keep stomach and back tense
Maintain a straight back, avoid leaning
Avoid twisting while carrying

- Top of screen at eye level
- Plants keeping to improve air quality

3/24 in (45 - 70 cm



Sitting correctly

Stand up 2-3 times per hour Schedule standing breaks

 - 60% dynamic sitting: Alternating between sitting upright, bending forward and leaning back

- 30% standing
- 10% purposeful walking around





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