

# ARE YOU AT RISK OF SOFT TISSUE INJURY?

## MEMORIAL HAS AN ERGONOMICS PROGRAM

### ASSESSMENT

Memorial has a specialist who does ergonomic assessments to identify and address any concerns with workstations and tasks that increase the risk of injury.

Adjustments can be made to the workstation or task to reduce overreaching, repetition, awkward postures, and other risk factors for developing a soft tissue injury.

### TRAINING

Memorial currently offers training in the following:

- office ergonomics
- manual materials handling
- laboratory ergonomics
- custodial ergonomics
- library ergonomics

