

# ***Elements of Ergonomics Programs***

**This material follows the National Institute of  
Occupational Safety and Health (NIOSH) Suggested  
Elements of Ergonomics Programs**

## ***Developing an Ergonomics Program - Introduction***

- ◆ **Work Related Musculoskeletal Disorders (disorders of the muscles, nerves, tendons, ligaments, joints, or spinal discs) have increased dramatically in the last decade**
- ◆ **Disorders are not typically the result of an acute event but reflect more gradual development**
- ◆ **Severity can range from mild to chronic and**

# Elements Of Ergonomics Programs

**A Gutmann**



## **Elements Of Ergonomics Programs:**

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