MetLife | Return to Health – Occupational Health Insights

Workplace Ergonomics



Ergonomics involves designing and arranging workspaces so that people can use them efficiently and safely.

With proper ergonomics, you can complete your job more efficiently. Proper posture and routines can help to maximize your personal comfort and while minimizing symptoms of stress while working at a computer. [1]

1 in 5 regular computer users suffer from musculoskeletal disorders.

Low Back Pain has been the leading cause of disability since 1990.

61% reduction in musculoskeletal problems come from effective office ergonomic interventions. [2]

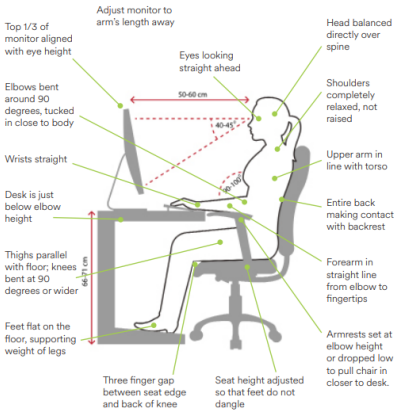
Poor ergonomics can cause conditions such as: [1]

- Headaches & Migraines
- Fatigue
- Poor digestion
- Stiff neck
- Back injury & discomfort
- Numbness
- Carpal Tunnel, Tendinitis, Rotator Cuff injury
- Trigger Finger
- Eye strain
- Knee injury/pain
- Bursitis

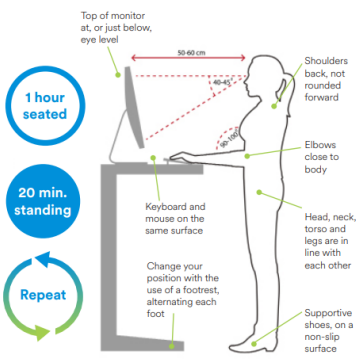
Positive Impacts from Good Ergonomics: [3]

- Reduced stress
- Increased productivity
- Injury prevention
- Focus & concentration
- More energy
- Reduce costs
- Enhanced quality of work
- Increased engagement
- Long-term health
- Promotion of well-being

Sit up straight: Tips for seated workplace ergonomics



Sit to stand: Advice for ergonomics in action



1. OHSE. “The Impact of Ergonomics on Workplace Safety and Productivity.” *June 4, 2025*, 32a20588.isolation.zscaler.com/profile/308d4fcd-d952-4889-abe9-3567243bebe3/zia-session/?controls_id=d9eb84c4-fee4-4870-8b6d-db58da306b70&region=was&tenant=63adbd1c5b17&user=6100474ea240cefbbc7772640fd57b183c43fc398d6d4ad9bf195df826fb7c83&original_url=https%3A%2F%2Fohse.ca%2Fthe-impact-of-ergonomics-on-workplace-safety-and-productivity%2F&key=sh-1&hmac=ddaf4beebc97e63bb34f30770973f513d2abfed6bdf62fd5ec59743eafb1db0e.

2. Diamond Pain Relief and Wellness. “6 Ways that Poor Ergonomics Can Have Negative Consequences on Your Health.” *Ergonomics*. https://diamondwellness.com/6-ways-poor-ergonomics-can-negative-consequences-health/

3. EHS Practice. “11 Essential Ergonomic Statistics Everyone Should Know.” *July 30, 2024*, ehspractice.com/blog/ergonomic-statistics-workplace/.

The information contained herein is for purely informational purposes only, and is not intended to present medical, occupational, or therapeutic advice

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