

EVERYDAY ERGONOMICS



Ergonomics isn't just about your desk setup—your entire day is full of activities that impact your comfort, posture, and long-term health.

Ergonomics focuses on modifying your environment to reduce strain, prevent injury, and support productivity. Simple adjustments to daily tasks can make a big difference.

ERGONOMICS IN EVERYDAY LIFE

IN THE KITCHEN

Repetitive motions like chopping, mixing, and unloading the dishwasher can lead to strain and pain in your feet, legs, and back.



Tip: Keep tasks close to your body and use cork or rubber floor mats in high-use areas to reduce muscle fatigue.

CHILDCARE

66% of caregivers report musculoskeletal pain, commonly in the neck, shoulders, and back.



Tip: Maintain a neutral wrist position when picking up or burping your child and use a baby wrap or carrier for support.

BEHIND THE WHEEL

Driving posture can put pressure on your back and legs, affecting blood flow and causing discomfort.



Tip:

- Adjust your seat so your knees are at 90 degrees
- Ensure easy access to pedals and steering wheel
- Position mirrors to reduce neck strain

Small ergonomic adjustments throughout your day can go a long way in reducing neck and back pain.