

How Ergonomics Supports Safety and Wellbeing in Healthcare Ergonomics is the practice of designing tasks and workspaces to fit the worker. How Ergonomics Protects Staff Wellbeing and Safety * Reduces the risk of injuries such as back pain, muscle strain, and repetitive strain injuries. Simple Ergonomic Principles * Safe posture: Keep your back straight and avoid bending or twisting for long periods.* Reducing strain: Use proper lifting techniques and assistive equipment when moving patients or heavy objects.