Ergonomics helps keep healthcare workers safe and healthy by showing them how to do tasks without hurting their bodies. Ergonomics protects workers by lowering the chance of injuries like back pain and muscle strain. Also, putting equipment nearby and adjusting beds or chairs to the right height helps them avoid stretching too much. It teaches them to use good posture, lift things safely, and keep their workspace neat. This helps workers stay safe and do their job better.

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