



ERGO CONTEST

ERGO SCAVENGER HUNT

A BREATH OF SPRING AIR

THIS HUNT CAN BE DONE ANYWHERE, BUT WE SUGGEST TAKING IT HOME TO SHARE WITH YOUR FAMILY—IT'S A GREAT OPPORTUNITY TO HELP OTHERS LEARN ABOUT ERGONOMICS!

Identify these sprain/strain injury hazards:



Forceful gripping or pinching



Heavy or repetitive lifting



Repetitive or sustained reaching



Repetitive or sustained bending

By looking in these locations:



In the garden, or in your yard



At the grocery store



In your home



At the park



At work

What activities did you see?

Eg. lifting heavy garbage bags

Lined area for writing observations

WHAT IS ERGONOMICS?

Ergonomics means fitting work to people. Ergonomics helps to reduce the risk of sprain/strain injuries, by identifying and reducing exposure to hazards. Hazards for sprain/strain injury include awkward posture, high force, and repetitive movement. We see these hazards in many, many jobs and activities. Use this ergo scavenger hunt to identify awkward postures, high force and high repetition in common springtime activities!

