

MRU HEALTH & SAFETY NEWSLETTER

ENVIRONMENTAL HEALTH & SAFETY – MARCH 2019

What's new?

The MRU **EH&S Ergonomics Program** has been posted on the [EH&S website](#).

Please review to learn more about

- stakeholder responsibilities
- medical accommodations
- strategies for ergonomically safe workstation adjustments and;
- key contacts for ergonomic assessments

Here is an [ergonomic self assessment](#) so you can ensure your assigned workstation is ergonomically safe.

Ergonomic hazards affect all employees at MRU, regardless of their role or the tasks they complete.

An ergonomic hazard is a physical factor within the environment that may harm the musculoskeletal system.

Examples of ergonomic hazards include:

- Holding a body position, such as sitting, for extended periods of time
- Glare from a computer screen
- Manual lifting of heavy loads

Ergonomic hazards may lead to long term issues so it's important that any discomfort is addressed in a timely manner. Refer to the [Ergonomics Program](#) if you have any questions or concerns.

Looking for more information on Ergonomics?

The Canadian Centre of Occupational Health & Safety (CCOHS) is a trusted advisor on health and safety topics across Canada.

Below are links from the CCOHS with useful ergonomic information:

- [Office ergonomics quick fact sheets](#)
- [Ergonomics quick fact sheets](#)

Sit-Stand workstations

If you have a Varidesk sit-stand or are using an alternate sit-stand workstation, [here](#) are some pointers to avoid making common standing mistakes.

Alberta Occupational Health & Safety

Under Alberta Occupational Health and Safety (OHS) legislation, only manual handling is legislated (Alberta OHS Code Part 14 - Sections 210-211). Other ergonomics concerns fall under the Employer's general duties to identify and reduce hazards, as outlined in Part 2 of the Alberta OHS Code.

Test Your Knowledge

Find the missing information in the **MRU Ergonomics Program** and assess if your body is sitting at neutral at your workstation. (12 blanks)

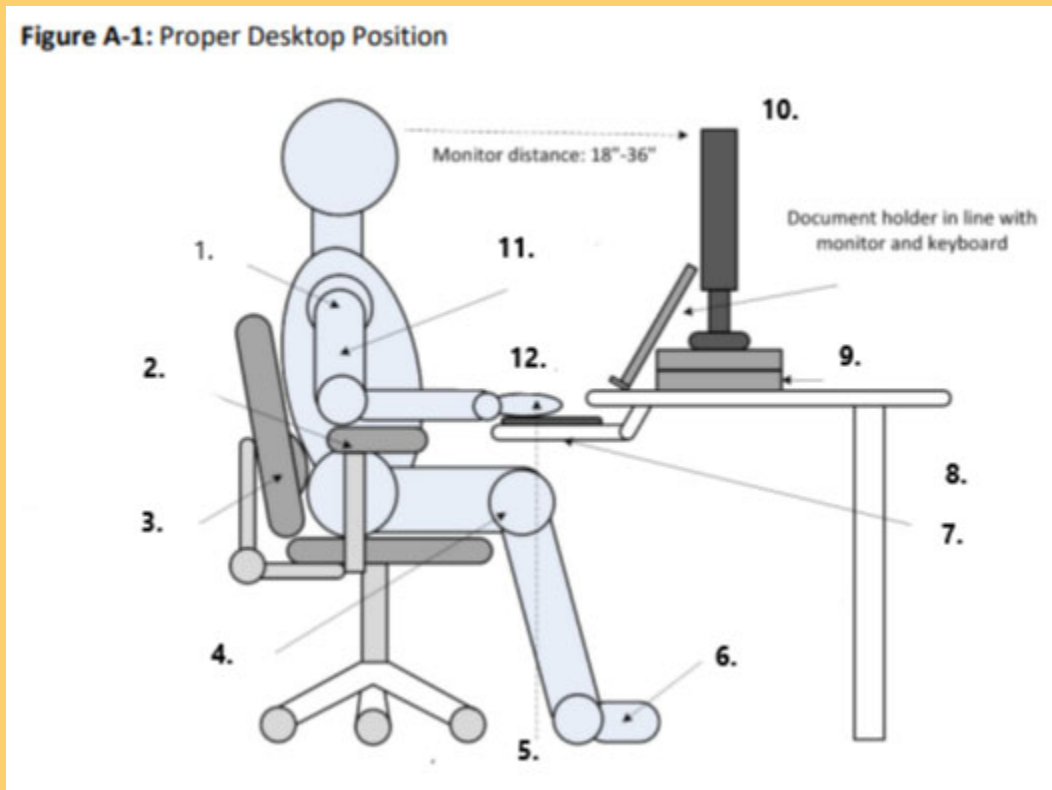


Image retrieved from: <https://sites.ewu.edu/ehs/occupational-health-safety/ergonomics/>

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