



Ergonomics Principles

- ✓ **Promote neutral body position**
- ✓ **Provide support for body/
limbs**
- ✓ **Promote work in reach zone**
- ✓ **Provide correct tools,
equipment and facilities**
- ✓ **Promote effective work
processes**
- ✓ **Control exposure to work
environment**
- ✓ **Promote health and wellness**