



Addressing Chronic Pain With Proper Ergonomics

Chronic pain can cause issues within our ligaments, nerves, bones, and muscles — often referred to as musculoskeletal conditions or “MSK.”

Ergonomics is the process of fitting the working environment to the employee; helping lessen muscle fatigue, increase productivity, and reduce the number and severity of work-related MSK issues. Ergonomic programming and equipment help promote employee health by reducing the risk of injuries.¹

Implementing ergonomic interventions/equipment can include:

- Ergonomic-friendly office equipment (keyboard, mouse, chair, etc.)
- Laptop stands
- Standing desks or desk risers
- Appropriate devices or tools to accommodate heavy lifting
- Special padding for hard service areas
- Personal protective gear
- Rotation schedules to avoid extensive duration on one task

Employers are responsible for providing a safe and healthy workplace for their workers. The number and severity of musculoskeletal disorders resulting from physical overexertion and their associated costs can be substantially reduced by applying ergonomic principles.¹

Sources:
ErgonomicTrends.com
Osha.org
CDC.gov
Johns Hopkins

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