

Psychosocial Ergonomics

Brought to You by:

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Association of Canadian Ergonomists
Association Canadienne d'Ergonomie

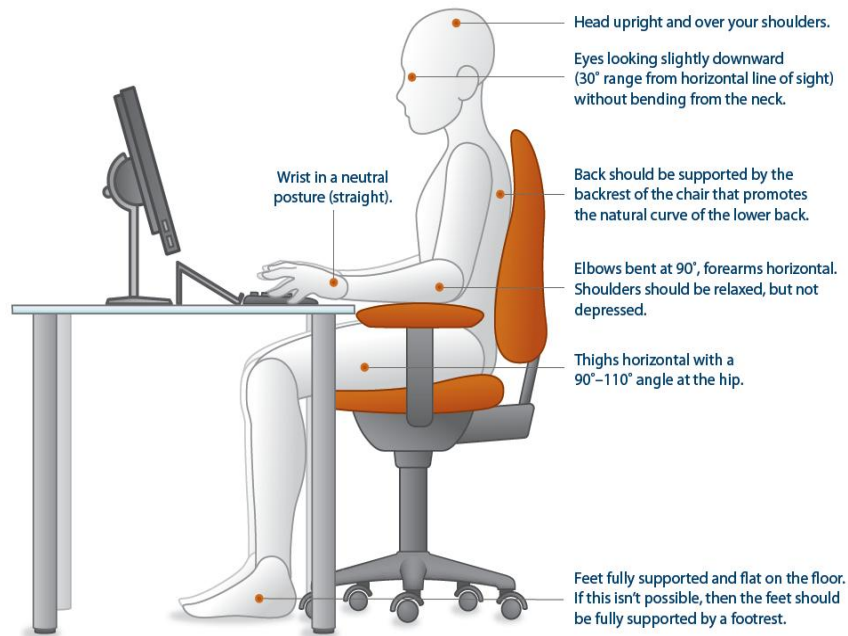


CANADIAN COLLEGE FOR THE CERTIFICATION
OF PROFESSIONAL ERGONOMISTS

CONSEIL CANADIEN DE CERTIFICATION
DES PRATICIENS EN ERGONOMIE

From Day One Session: Physical Ergonomics

Ideal Seated Posture



Psychosocial Risk Factors

Factors that affect workers' psychological responses to their work and workplace conditions.

- High workloads
- Tight deadlines
- Lack of control of the work and working methods
- Working relationships with supervisors and colleagues

Information Overload – never-ending notifications!



Psychosocial Risk Factors & COVID-19

- Isolation
- Fear for one's own health & well-being and/or that of family members and co-workers
- Difficulty maintaining self-care activities (exercise, rest, healthy eating)

Common responses:

stress, low mood, low motivation, anxiety & depression

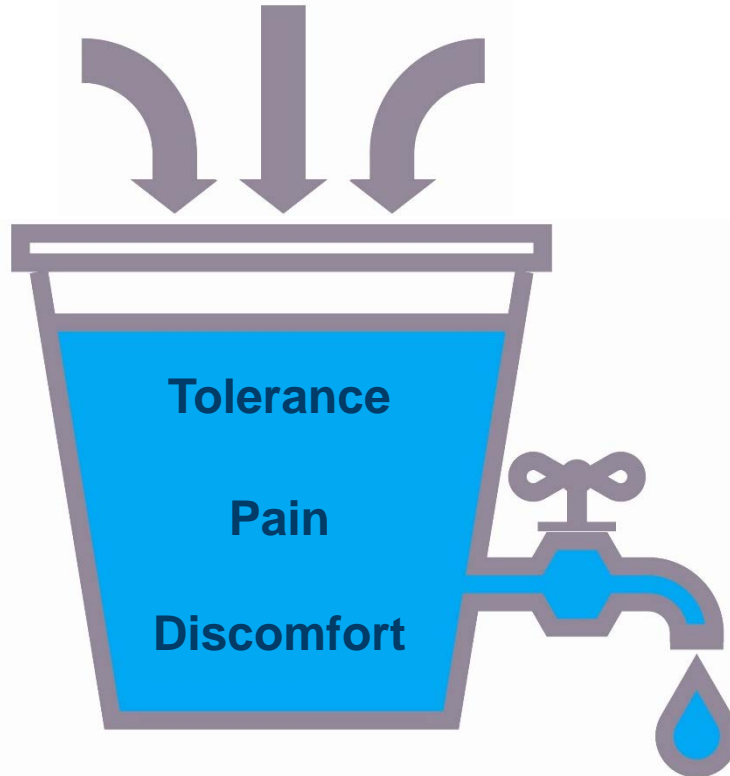
Psychosocial Risk Factors & MSI

Stress creates a variety of behavioral, psychological and physiological responses which can facilitate the development of MSIs:

- Increased muscle tension & BP (↑ joint pressure, ↑ force output)
- Decreased pain sensitivity (work beyond normal capacity)
- Pupil dilation (↑ sensitivity to light)

Hazards / Stresses

Posture, Force, Repetition,
Pre-Existing Conditions,
Psychosocial Issues,
Sports, Hobbies, Second Jobs



Remember:

- **Everyone's bucket is a different size.**
- **It's not the size of the bucket that matters, but it's contents.**
- **A new day rarely starts with an empty bucket.**

Coping Mechanisms
Breaks, Vacation, Sleep,
Physical Activity

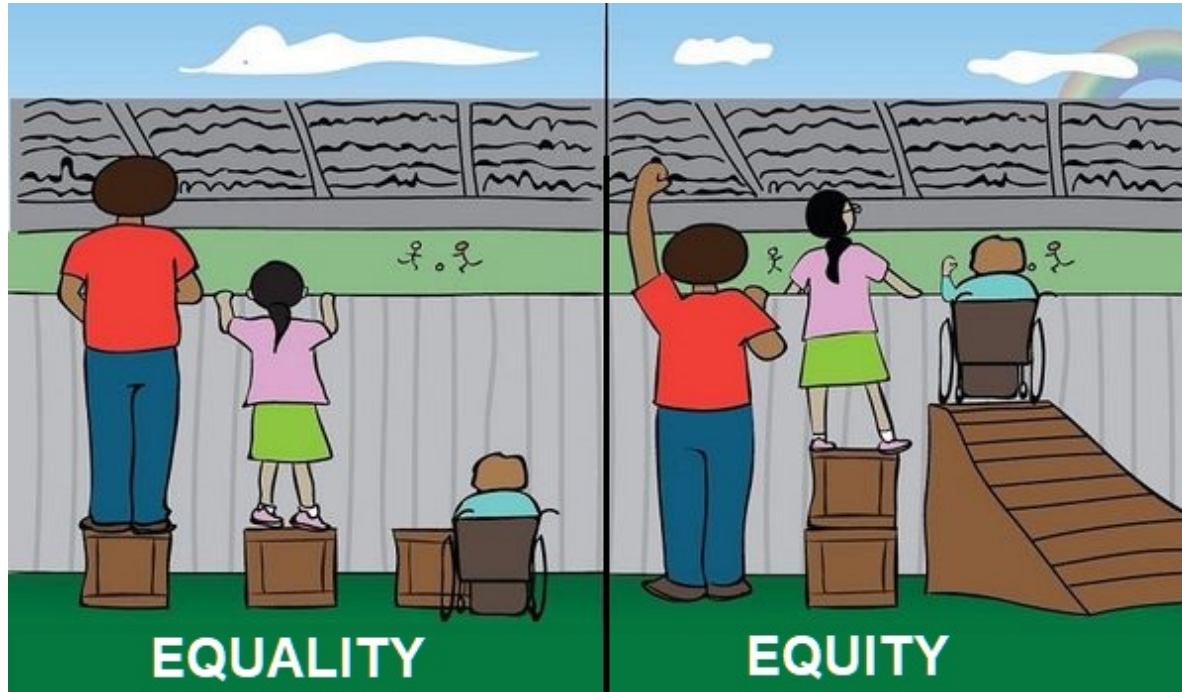
Is Resilience the Solution?

Resilience = tolerating or adjusting to hazardous situations

Ergonomics = correcting or removing hazardous situations

Fix the problem, don't just learn to cope with it.

No “One Size Fits All” Solution



Don't Let Working from Home Become Living at the Office!

- Develop a routine - prioritize your mental & physical health.
 - Focus on goals, not how much time you spend at your desk.
 - Schedule breaks - exercise & stretch regularly.
 - Move - the best posture is the next posture!
 - Engage with coworkers - “distant socializing”.



At the end of the day, put work away!



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Thanks for Participating –

Now Get Up & Move Around,
You're Overdue for a Break!

Questions?

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