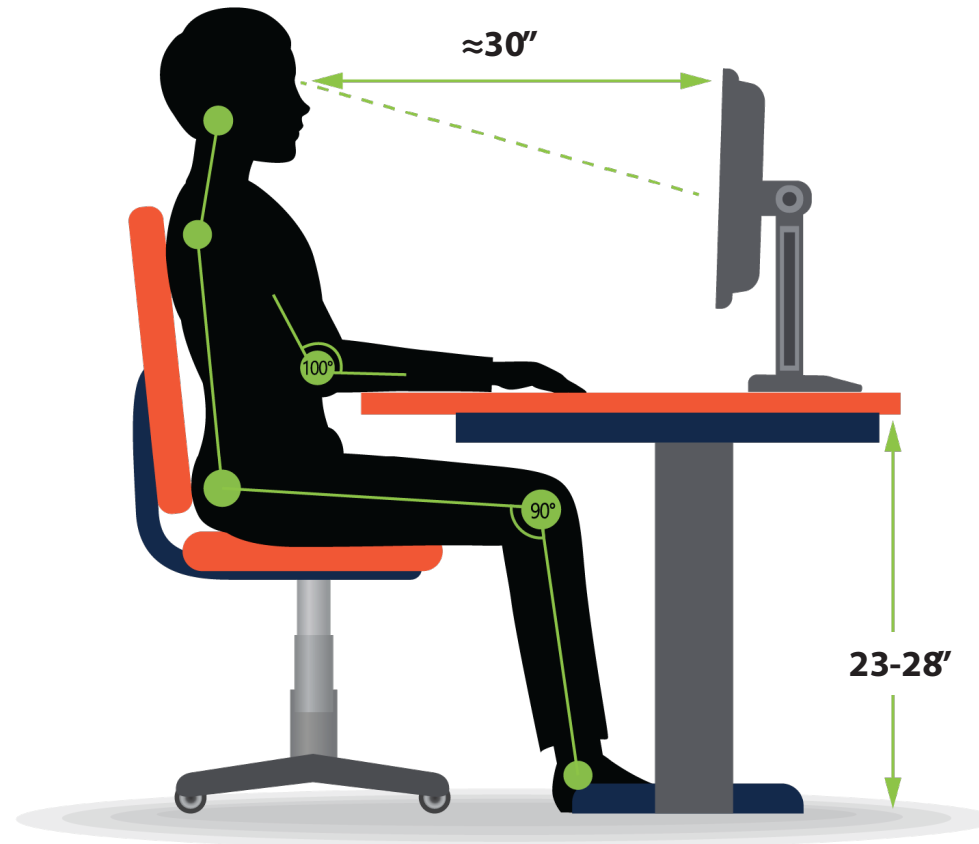


## Ergonomics

- Ergonomics is the study of the relationship between people and their physical work environment.
- Good ergonomics is essential in ensuring you have a safe and healthful workplace.
- No matter what work you do, ergonomics plays an important role in preventing occupational injury and illness.
- Office ergonomics assessments can be obtained from [safetyandcompliance@illinois.edu](mailto:safetyandcompliance@illinois.edu).

### Additional resources:

- [Office Ergonomics Self-help Guide](#) – F&S Safety and Compliance
- [Home Office Ergonomics](#) - F&S (39min)
- [Ergonomics and Posture](#) - Carle (21min)



Reduce glare



Shoulders relaxed



Sit back in chair and use the backrest



Feet rest flat on the floor



<https://go.illinois.edu/ergonomics>