

University of Alaska Anchorage	Section <b>EHS/RMS</b>
<b>ADMINISTRATIVE SERVICES MANUAL</b>	Statement <b>24</b>
Policies and Procedures	Page <b>1 of 1</b>
Title <b>ERGONOMICS</b>	Effective Date <b>05/15/2012</b>

**Definition**

Ergonomics, according to Webster, is “the study of equipment design in order to reduce operator fatigue and discomfort.” With this definition in mind, UAA is required to provide tools, workstations, and equipment that are “ergonomically correct” to not only reduce fatigue and discomfort, but to reasonably eliminate or reduce the potential for injury and illness.

**Cumulative Trauma**

Besides causing injuries, poorly designed equipment and workstations can contribute to cumulative trauma disorders (CTD) which are generally caused by repetitive motions over an extended period of time. An example of this disorder is Carpal Tunnel Syndrome (CTS) which is often experienced by employees who perform continuous data entry or keying.

**Assessments**

To minimize injuries and illnesses caused by poorly ergonomically designed equipment and workstations, EHS/RMS performs ergonomic evaluations and makes recommendations to correct problem areas.