

12 PRINCIPLES OF ERGONOMICS

1. Keep Everything in Easy Reach
2. Work at Proper Heights
3. Reduce Excessive Forces
4. Work in Good Postures
5. Reduce Excessive Repetition
6. Minimize Direct Pressure
7. Minimize Direct Pressure
8. Provide Adjustability and Change of Posture
9. Provide Clearance and Access
10. Maintain a Comfortable Environment
11. Enhance Clarity and Understanding
12. Improve Work Organization