



**Health & Wellness Seminar
Ergonomics in the Workplace
Thursday, July 26, 2012 from 2:30pm—3:30pm
City Hall—Council Chambers
Speakers: Princess Hernandez, Physical Therapist**



What is Ergonomics? Why is it Important?

Ergonomics is the science of fitting jobs to people. It focuses on designing workstations, tools and work tasks for safety, efficiency and comfort. Effective ergonomic design reduces discomfort and injuries and increases job satisfaction and productivity.

What are common job injuries that can be reduced with good ergonomics?

Injuries affecting muscles, tendons, ligaments, joints, nerves and discs can be reduced or eliminated with ergonomics. These injuries are frequently called MusculoSkeletal Disorders (MSD's), Repetitive Strain Injuries (RSI's) and Cumulative Trauma Disorders (CTD's).



The Human Resources Department will be hosting health and wellness training seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing rpalomo@missiontexas.us.

Our mission is to promote health awareness and to encourage healthy lifestyles. Questions? Contact the Human Resources Department at 956-580-8630.

