

glenngraphics

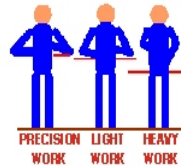
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Ten Principles of Ergonomics

1. Keep Everything in Easy Reach



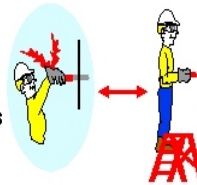
2. Work at Proper Heights



3. Reduce Excessive Force



4. Work in Good Postures



5. Reduce Excessive Repetition



6. Minimize Fatigue



7. Minimize Direct Pressure



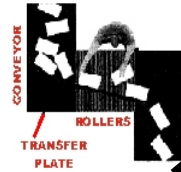
8. Provide for Adjustability and Change of Posture



9. Provide for Clearance & Access



10. Consider the Organization of Your Work



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