



Ergo Self Help Demos and Training Tools Available on the MHealthy Web Site Can Help You to Improve Your Comfort and Safety

The **Self Help** page of the MHealthy Web site is designed to provide you with easy-to-follow “how-to” information to help you improve your safety and comfort, on the job and at home.

The demos and training tools available on the Web site include tutorials designed specifically for the U-M community as well as links to National Institute for Occupational Safety and Health (NIOSH) guidelines on how to prevent injuries, both at home and on the job.

In the Introduction to Ergonomics and Material Handling Recommendations, you will learn how to:

- Relieve back pain while standing
- Organize your work area to minimize tight muscles
- Avoid back injuries when lifting



In Office Ergonomics tutorials, you will learn how to:

- Adjust your chair to support your body
- Position arms and hands to minimize stress
- Position laptops for long duration use



In the Laboratory Ergonomics tutorials, you will learn how to:

- Handle pipettes
- Reduce neck pain during microscope viewing
- Increase legroom in biosafety cabinets
- Increase arm and hand comfort



In the Healthcare Ergonomics, you will learn

- Ergonomic tips for maximizing comfort and minimizing risks in most every job in the healthcare area

In the How to Adjust office chairs and keyboard tray videos, you will learn how to adjust chairs and trays the most commonly used at U-M.

In the NIOSH Design guidelines section, you will find checklists and guidelines for:

- Repetitive hand and wrist tasks
- Hand tool use
- Lifting and Lowering tasks
- Pushing/pulling tasks
- Carrying tasks