Office Ergonomics
Videos: How to Adjust Office Chairs and Keyboard Trays
- Adjust your equipment to support your body
- Position arms and hands to minimize stress
- Position laptops for long duration use
- Keyboard shortcuts

Introduction to Ergonomics and Material Handling
- Relieve back pain while standing
- Organize your work area to minimize tight muscles
- Avoid back injuries when lifting

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

Healthcare Ergonomics
- Ergonomic tips for most every job in the healthcare area

National Design Guidelines
- Repetitive hand and wrist tasks
- Hand tool use
- Lifting/lowering tasks
- Pushing/pulling tasks
- Carrying tasks

See more ergonomics tips at the Safety Management Services (med.umich.edu/safety) and Occupational Safety and Environmental Health (oseh.umich.edu) websites.