



What Is Ergonomics Anyway?

Simple – Fitting the job to the worker!

The APHIS Ergonomics Program is designed with the employee in mind. Our goal is to provide you with a working environment that minimizes stress and injury and helps you be productive throughout the day.

We try to prevent the occurrence of disorders of the musculoskeletal system – muscles, joints, nerves, tendons, ligaments, and spinal discs – through early detection. We provide ergonomics training sessions and perform worksite assessments, in addition to making recommendations specific to your work environment.

The APHIS Ergonomics Program addresses the components of office, laboratory, and field/industrial environments, work habits, and lifestyle. A focus on each of these components helps to ensure to the best of our ability that we are helping you maintain neutral postures while working.

Check out the specific sub-heading under “Related Topics” that best describes your working environment and find out how you can make adjustments to your work area to better fit you.

