

## Awareness about Ergonomics: Need to Create and Improve

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### Editorial

Ergonomics is about putting “people first.” (1) Derived from the Greek *ergon* (work) and *nomos* (laws) to denote the science of work, ergonomics is a systems-oriented discipline which now extends across all aspects of human activity. (2) It is a way to better match tools, equipment, and work methods with workers. The application of ergonomics should be practical. It should benefit workers through better task designs and work procedures. Increasing the awareness of mining personnel to the benefits of applying ergonomics allows both management and employees to work together gaining significant benefits for worker health. Research has shown that ergonomics is most successful when it is approached as a participatory process-management and employees working together to modify job tasks, including equipment, tools, environment, and methods. The first step toward achieving a participatory process is to give employees knowledge of ergonomics and how it can be used to align their jobs to their abilities [1]. As per International Ergonomics Association (IEA) “Ergonomics (or human factors) is the scientific discipline concerned with the understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, data and methods to design in order to optimize human well-being and overall system performance” [2].

Though importance of Ergonomics is well defined it has been observed that there is lack of awareness about Ergonomics and its applications in various occupations and professional groups ranging from manual workers to IT professionals. Deros et al. conducted study on Ergonomic awareness among workers performing manual material handling (MMH) activities. Evaluation of ergonomic awareness on MMH amongst workers on research area shows that they possess a moderate ergonomics awareness level. It is recommended that the management should put more effort to increase workers ergonomics awareness especially during MMH activities [3]. Anila Pual carried out a pilot study on awareness of Ergonomics and prevalence of musculoskeletal injuries among nursing professionals. 53% of the nurses were not aware about ergonomics and safety measures. 75% of them were not following ergonomics. The awareness on ergonomics and safety measures among these nurses found to be less. The improper lifting and patient handling techniques could have led to musculoskeletal aches among them. As years of experience advances the incidence of aches and pains also found to be increased. The physical performance of nurses can be improved by giving proper awareness and training on ergonomics, safety measures and patient lifting and transferring techniques. This need to be stressed in the nursing curriculum [4]. Modi YS et al. [5] conducted a study among

the surgeons of various fields like digestive, urological, gynaecological, and thoracic, in three medical colleges at Ahmadabad, India about awareness of Ergonomic guidelines regarding laparoscopic surgeries, its practice among surgeons and Comfort level during and after surgery. Study concluded that despite awareness of ergonomic guideline among surgeons, its practice is lower than expected [5]. Sohrab S et al. [6] conducted a study to explore the extent of awareness of an undergraduate of the principles and practice of workstation ergonomic. The study results shown that the level of reported symptoms is high while the level of awareness of good workstation ergonomics is low; that undergraduates’ use of computers exposes them to the known risks associated with computer use; that there were a number of possible relationships between current postural practice and the level of reported symptoms [6]. Mohamed Sherif Sirajudeen et al conducted study to assess knowledge of Ergonomics among information technology professionals in India. This study highlighted the awareness of ergonomics among Information Technology professionals and emphasizes the need for ergonomic training programme to promote the awareness about musculoskeletal disorders and the healthy postures [7].

To conclude, it is essential to create awareness regarding Ergonomics, its guidelines for various occupations as well as its practices by the workers and professionals across the fields for better, healthy and productive work force

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