INTRODUCTION

The University of Rochester Ergonomics Program has been established to reduce the number and severity of Work-Related Musculoskeletal Disorders (WRMSDs) caused or contributed to by exposure to ergonomic stressors in the workplace.

Musculoskeletal Disorders (MSDs) are injuries caused by overexertion, overuse or excessive repetition involving muscles, nerves, tendons, ligaments, cartilage, joints and spinal disks. Other commonly used terms for these types of injuries include cumulative trauma disorders (CTDs) and repetitive strain injuries (RSIs).

The U of R Ergonomics Program is intended to provide guidance in the identification of ergonomic hazards and the implementation of controls that will reduce the potential for injury due to those hazards. It is the policy of the University of Rochester to provide an environment free from recognized hazards that could cause injury or illness.

Ergonomics is defined as the study of the interaction between the worker and his/her work environment, with the objective of fitting the workplace and tasks to the worker.

Ergonomics should not be seen as a one-time effort, but as a continuous, on-going process used to optimize the working environment.

Early identification of symptoms with prompt intervention helps prevent escalation of minor discomfort into more serious or chronic injuries. Training on the following subjects is available through MyPath, EH&S, or the Center for Nursing Professional Development:

- Office Ergonomics
- Back Safety/Safe Manual Material Handling Strategies
- Safe patient handling

The University's Ergonomics Program is divided into two sections: Section 1 outlines the manner in which the University is working to minimize ergonomic-related injuries through management leadership, employee participation, training, program evaluation, and defining responsibilities; Section 2 focuses on processes for minimizing ergonomic hazards. Lastly, there are multiple appendices designed to provide helpful information on specific subjects.