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**ERGONOMICS INJURIES
PERTEMUAN 9
DECY SITUNGKIR, SKM, MKKK
KESEHATAN MASYARAKAT**

Kemampuan Akhir yang Diharapkan

- Mahasiswa memahami *ergonomic injuries*
- Mahasiswa memahami faktor-faktor yang menyebabkan *ergonomic injuries*

Ergonomic Injuries

Strains

Sprains

etc

Ergonomic Injuries

repetitive

Using physical
force

Being in an
awkward
position

Case Study



Mopping floors can cause aches and pains.

Solutions???

Uses padded gloves to improve grip & comfort

Use lightweight mops

Take rest breaks

