

Answer the following questions:

1. Define ergonomics and its related terms and identify where to get ergonomics information for your region?
2. Identify how ergonomics can be incorporated into your workplace?
3. Assess your environment for ergonomic hazards, create ways to resolve those issues, and plan for implementation?
4. Use change management techniques effectively and describe the basic principles of ergonomics?
5. Outline ergonomic practices for sitting, standing, lifting, carrying, pushing, and pulling and design an ergonomic workstation?