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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Ergonomics – What Is It?**

**By News Canada**

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by: **News Canada**

(NC)–Ergonomics is the study of the relationship between people and their work or workplace. It's also about matching jobs to the needs and abilities of workers.

What can I do, because of my arthritis, to make sure I'm performing daily activities effectively?

Pace yourself and try to alternate between standing, sitting and walking.

Work at a regular pace alternating strenuous activities with lighter ones.

Perform important duties when you are more rested and energized. If you know a special event is coming, plan rest time to store up energy so you can perform when necessary.

What can I do, because of my arthritis, to make sure I'm working safely?

Organize your workstation making sure your work materials are within reach and minimize reaching and twisting your body.

You may want to use a sit/stand stool which lets you sit in almost a standing position. This will relieve strain from prolonged standing.

Use a proper chair which ensures correct posture and access to your workstation (computer monitor, keyboard).

Get up and stretch regularly – It's important to move!

Choose the right shoes that are comfortable and fit correctly – remember, your feet DO increase in size as you age and feet also swell as the day progresses. Make sure your shoes are also well cushioned.

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Try to avoid heavy lifting. Use a cart or dollie to help transport items rather than lifting them.

For more information on Arthritis in the Workplace, call us:

The Arthritis Society Information Line – 1–800–321–1433 or log on to

[www.arthritis.ca](http://www.arthritis.ca)

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### **Make Workplace A Comfortable Place With Ergonomic Products**

**By Cathy Peterson**

Ergonomics can simply be defined as the science that can increase the comfort level at your work place. The Ergonomists studies the affects that your equipment will have on you at your work place. They analyze the affects both in terms of minimizing any possible health risks and maximizing your productivity levels at your work place.

Normally people use the term Ergonomics or ergonomic product in conjunction with computer equipment. This computer equipment includes everything from computer monitor to the chair in which

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you sit in and from computer keyboard to the arm rest which you use while using the computer mice. Traditionally the design of the computer equipment is done by keeping it's usage in mind but not by keeping the people who use it in mind. Hence this unergonomic equipment will be highly vulnerable to cause some huge health risks when you use them at work place. As ergonomic products can efficiently minimize the health risks at work place, ergonomics become a real buzz word.

The employers are also getting aware of the benefits that the organization can get with the help of ergonomics. Many of them are getting ready to pay a few extra bucks to make the work place a risk free place for the employees. Some of the recent researches has shown that the productivity of the employees increases considerably in an ergonomic work place. This will definitely show up in the company's bottom line. Of course an employer would love to have this result.

If you are looking for any type of ergonomic products or for more information on ergonomics you can browse through the internet. Internet has got so much of information to offer you. For example, at [ergolance.com](http://ergolance.com) you can find many ergonomic products at very competitive prices. Starting from arm rests to computer mice, you can find any thing. So, just go to the site and try an ergonomic product which best suits your requirements and I assure you that you would come back again to buy another ergonomic product. Make your workplace a comfortable one to work at with these products.

Cathy Peterson writes about

<http://www.Ergolance.com/>

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<http://www.Ergo-Items.com>

and

<http://www.ErgoRest.us>

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