

Position on loss control safety and health



**ASSIGN
BUSTER**

Position on loss control / Safety and Health

The implementation of ergonomics training for employees There is a need to design all equipments and devices in a manner that befits the human body and match its needs in terms of movements (Beryl 78). Ergonomics is meant to ensure that the human body is safe and interacts with its environment in a healthy manner, without the body being subjected to any kinds of strains that are likely to impact negatively on its state of health. A good illustration is the computer use by the employees of an organization. The interaction of the employee's body and the computer should be in such a way that the employee's body is always in a comfortable position. Ensuring the body is not strained by the sitting position or the positioning of the computer devices such as the keyboard, the mouse, or the monitor (Beryl 96). The reason for establishing ergonomics training for the employees in the organization is for their health and productivity purposes. Where the devices and equipment are not devised in such a way as to be comfortable for the human body, they tend to cause strain injuries. With consistent and repetitive strain injuries, the body's state of health and its productivity deteriorates (Beryl 142). The continued deterioration of the state of body health will finally result into disability, a state in which the body can no longer function.

Physical ergonomics is concerned with the physical interaction of the body and its surrounding environment, as to how the human anatomy fits into the devices and equipment use without any strain. This ensures that the human posture remains as it was before indulging in such tasks. Cognitive ergonomics refers to the interaction of the human mental activities, such as perceptions, reasoning and memory, that are influenced by the workloads,

decision-making and work stress (Beryl 181). Both aspects of ergonomics are required to be in such a way that the physical body and the mental state of the body are healthy and productive at all times. In case of any strain on the physical anatomy of the human body, the level of productivity goes down. This is because; the physical state of the body is strained to the extent that it can no longer function as expected. Such strains are also likely to cause health related complications that can eventually lead to disability (Beryl 196). The mental state should also be maintained at its best state, in that it affects the rate at which the physical body performs tasks and is associated with brain related disorders.

Therefore, I recommend that ergonomics training for employees in the organization is paramount. This training will serve to ensure the safety of employees in the short and long term. Such training will help ensure that the employees interact with devices and equipments in a healthy manner that is not likely to cause any physical or mental strain. This training will guarantee the good health of the employees as well as their productivity.

While the employees in an organization are healthy, it serves to reduce the organizational costs related with medical bills and compensation schemes. A healthy work force also guarantees the productivity of the organization since there is not any time health related absenteeism will be recorded within the organization. A healthy work force is a productive workforce (Beryl 213).

Work Cited

Beryl, Marshall. Ergonomics: Design a work place to suit the physical and mental states of the

Human body. Florida: CRC Press, 2005. 64-215. Print.