

# Common Ergonomics Misconceptions Debunked



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Time: 9:00-10:30AM Pacific

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Do you know if these are these Ergonomics Facts, or Ergonomics myths?

- “The maximum safe amount an individual can lift is 50 lbs.”
- “Wrist rests are a good solution for employees with wrist pain when mousing.”
- “Laptops are great portable devices that can be used as a desk top computer workstation.”

Join ERGO Inc. as we debunk some common misconceptions related to ergonomics, computer workstation set-up, and manual material handling tasks. In this webinar, we will reveal the thinking behind some of these misconceptions and present the facts for topics such as:

- Safe maximum lifting limits
- Proper material handling techniques for tasks such as lifting and pushing/pulling
- Use of wrist rests and other aides at computer workstations
- Proper use and set up of laptops as computer workstations

