Work-related musculoskeletal disorders (WMSDs) are associated with:

- Work postures and movements
- Repetitiveness and pace of work
- Force of movements
- Vibration
- Temperature
- Lack of influence or control over one's job

Ergonomics - Overview | Occupational Safety and Health

Ergonomics is the scientific discipline that applies principles of human and machine ergonomics to design and evaluate the fit between people and their jobs. It is an important tool for preventing work-related musculoskeletal disorders (WMSDs) by ensuring that workspaces and equipment are designed to fit the worker's physical and psychological capabilities.

Ergonomics is also important for maintaining worker safety and productivity. By reducing the risk of injury and improving comfort, ergonomics can help to prevent work-related musculoskeletal disorders (WMSDs) and improve overall job satisfaction.

Work-related musculoskeletal disorders (WMSDs) are conditions that affect the muscles, tendons, nerves, joints, and other structures that support the body. They can be caused by a combination of factors, including poor posture, repetitive movements, and physical stress. WMSDs are a significant problem in the workplace, with an estimated 30% of all workplace injuries being musculoskeletal in nature.

Ergonomic interventions can reduce the risk of work-related musculoskeletal disorders by improving posture, reducing force exertion, and providing breaks for workers. These interventions can be implemented at the workplace level or at the individual level, and can include changes to equipment, workstations, or work processes.

The importance of ergonomics in preventing work-related musculoskeletal disorders cannot be overstated. By implementing ergonomic practices, employers can help to reduce the incidence of WMSDs and improve the overall health and well-being of their workforce.