



# WHAT IS YOUR ERGONOMICS IQ?

Ergonomic related injuries are caused by exposure to ergonomic risk factors such as repetitive strain or vibration, prolonged awkward posture, or forceful exertion or pressure upon a particular body part. They can affect employees across all industries regardless of their work environment and anyone who regularly uses computers and other digital devices. IMAK Ergo offers a diverse line of products designed with comfort in mind.

## DID YOU KNOW



hand



wrist



elbow



spine

Ergonomic injuries are due to small, repeated traumas to the musculoskeletal system. ie: muscles, ligaments, tendons, joints, bones and the nervous system.

Source: [www.phc.amedd.army.mil/topics/workplacehealth](http://www.phc.amedd.army.mil/topics/workplacehealth)

Ergonomic injuries can happen to anyone at any age.



computer users



draftsman



video game enthusiast

- pain • swelling • numbness
- tingling • tenderness • popping
- loss of grip strength • stiffness

are all symptoms that can be treated with early intervention.

Source: <https://ehs.virginia.edu/Ergonomics-Distress.html>

**1.8 million** workers suffer from ergonomic injuries each year. Source: [osha.gov](http://osha.gov) website



**NEUTRAL BODY POSITIONING** is important because it naturally aligns your joints for comfort while working.

Source: [osha.gov](http://osha.gov) website

# 7



excessive compression



excessive force



excessive vibration



long duration

is the number of basic risk factors in the workplace associated with ergonomic injuries.



poor posture



excessive repetition



excessive cold

Source: [www.phc.amedd.army.mil/topics/workplacehealth](http://www.phc.amedd.army.mil/topics/workplacehealth)

## IMAK Ergo

features products designed by an Orthopedic Surgeon. They provide ideal ergonomic comfort and are designed with comfort and efficacy in mind.



In ergonomics people and the objects they use are viewed as **one unit, blended together.** Source: [instabriefs.com](http://instabriefs.com)

Ergonomics covers all aspects of a job, both physical stresses and environmental factors.

Source: [OSU Environmental Health & Safety website](http://OSU Environmental Health & Safety website)



[www.brownmed.com](http://www.brownmed.com)



### Executive

101 Federal Street, 29th Floor  
Boston, MA 02110  
P 857-317-3354  
F 857-317-3355  
TF 877-853-5518

### Manufacturing

1300 Lundberg Drive West  
Spirit Lake, IA 51360  
P 712-336-4395  
F 712-336-2874