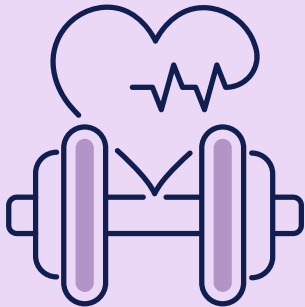




Ergonomic Tips for a Healthier Career

Insights from the MTF Ergonomics Project— Phase One

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Simple adjustments to your application of techniques can enhance comfort, performance, and career longevity while reducing your risk of injury.



Improve Your Physical Conditioning

- MT is physical labor; your strength, endurance, and flexibility are important
- Don't forget self-care and recovery!

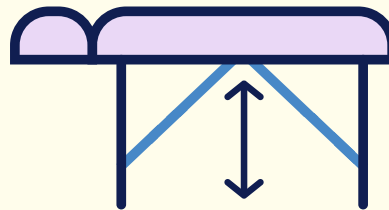
Take Care of Those Digits

- Use overpressure to support your fingers
- Avoid using your thumbs



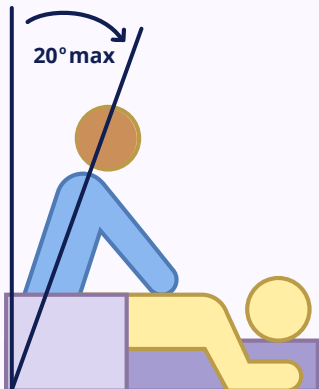
Adjust Your Table

- For light pressure strokes use a higher table
- For moderate-to-firm stroke, lower your table



Use Position to Your Advantage

- Use the stride stance at the side of the table frequently
 - Trunk aligned with stroke direction
 - Trunk flexion no more than 20 degrees
 - Avoid trunk and neck lateral flexion and rotation



Avoid Overreaching

- Use shorter strokes and avoid long excursions
- Stand as close to the table and body area as possible
- Minimize reaching across the midline to only direct contralateral strokes

