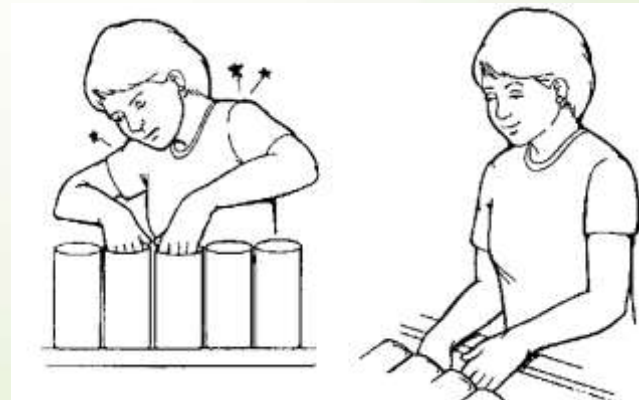
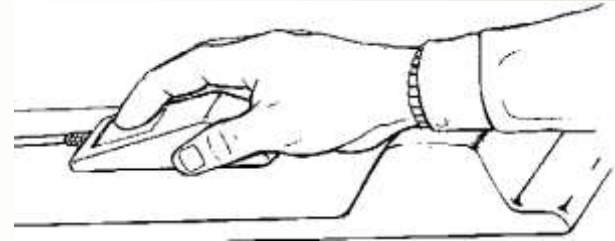
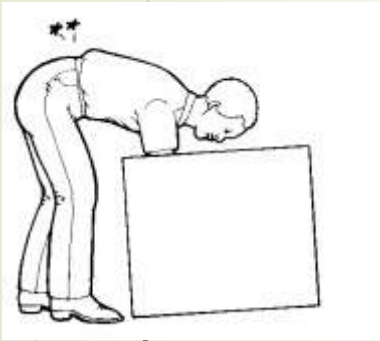
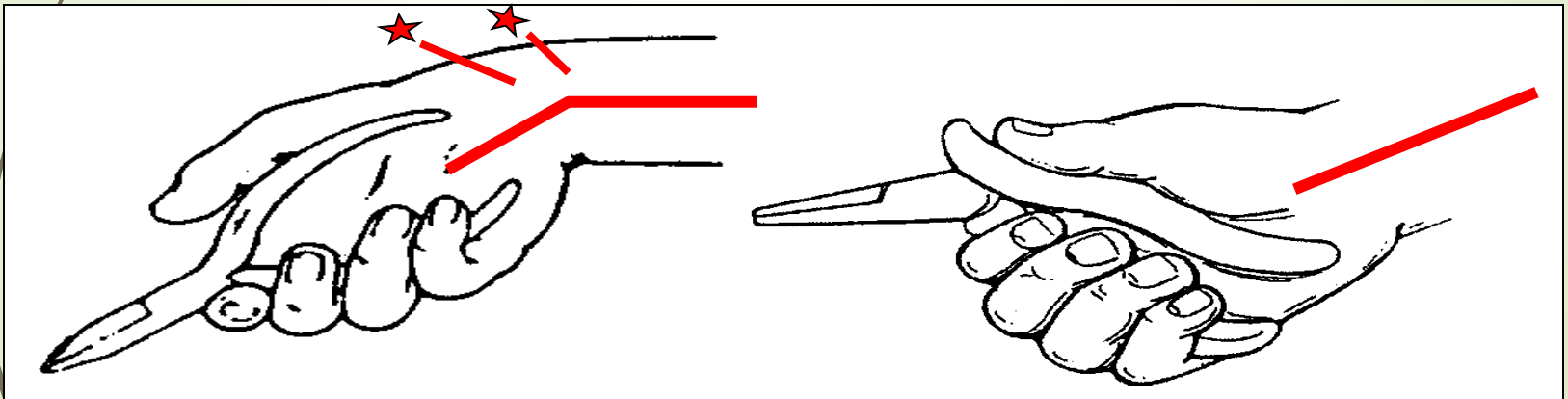
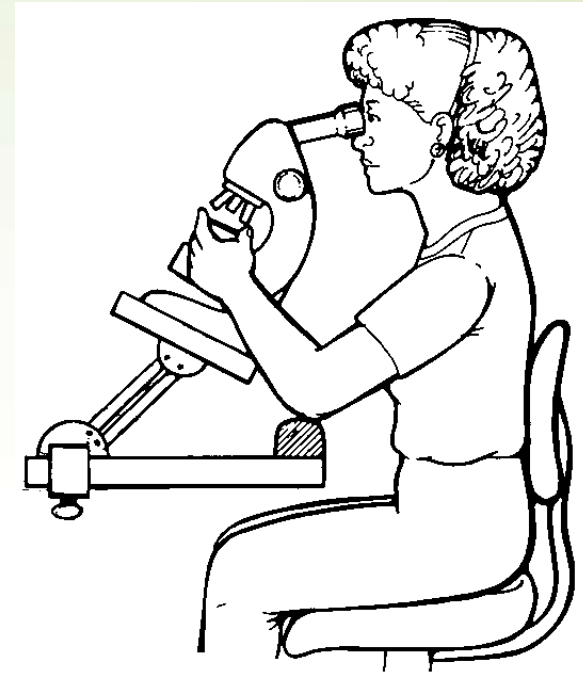


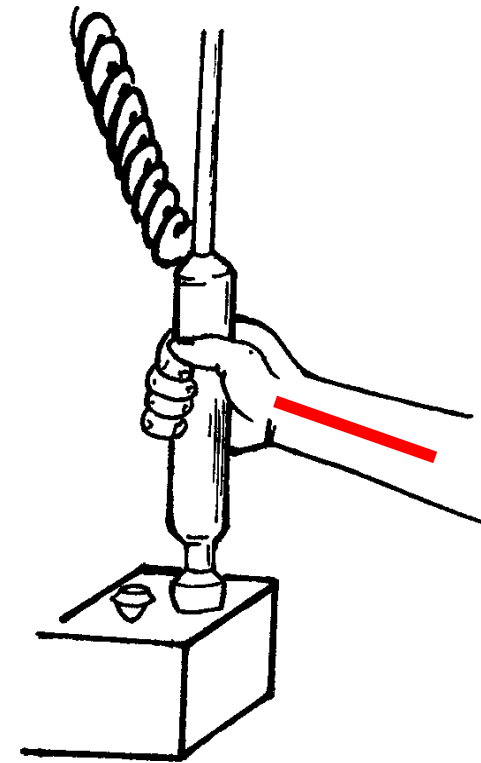
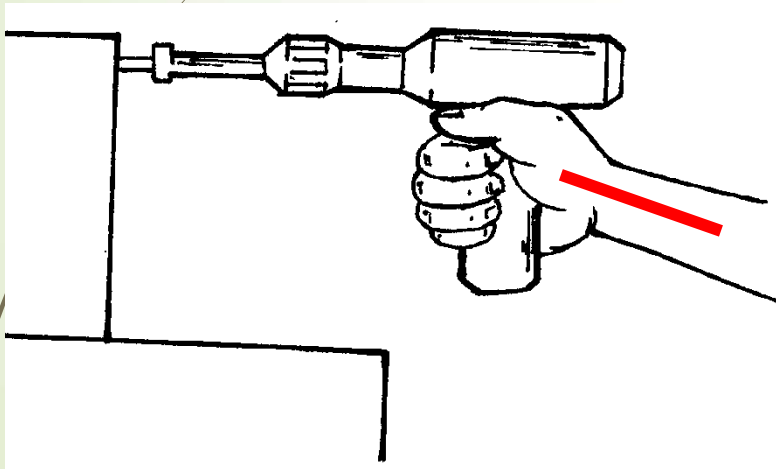


اصول دهگانه ارگونومی

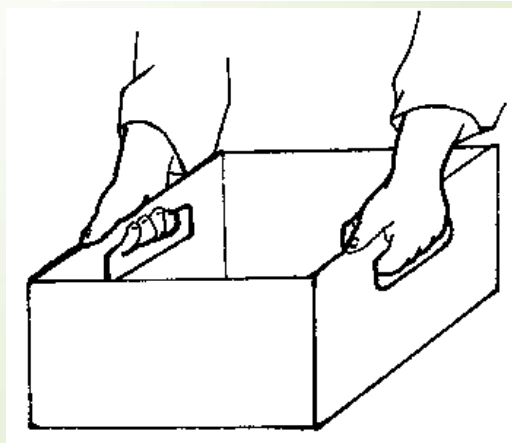
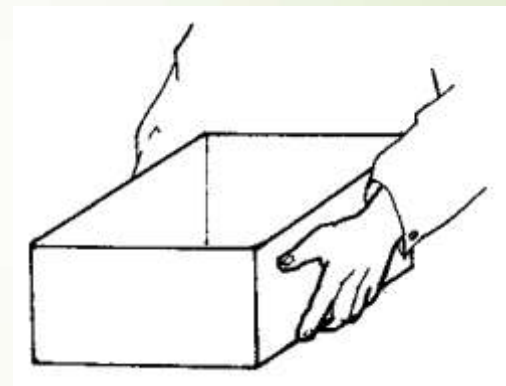
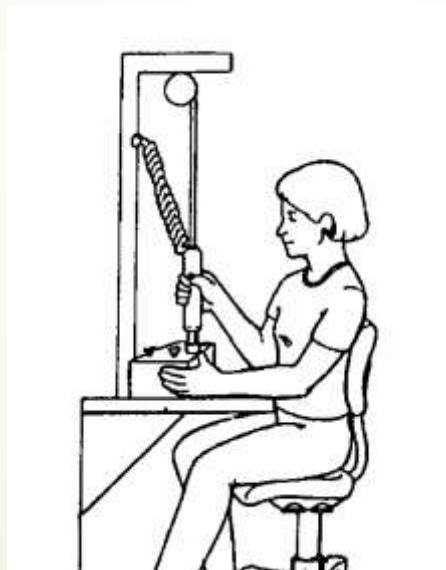
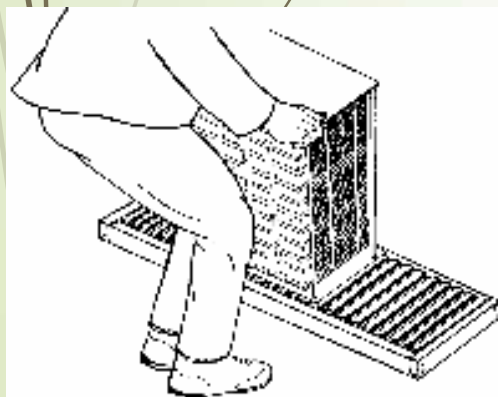
۱- با پوسچر مناسب و طبیعی کار کنید.



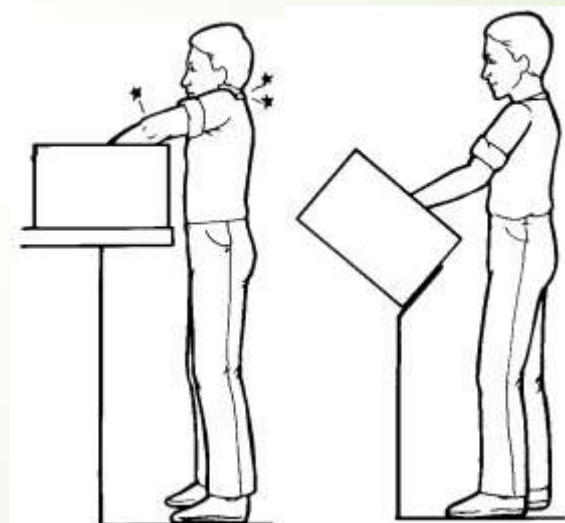
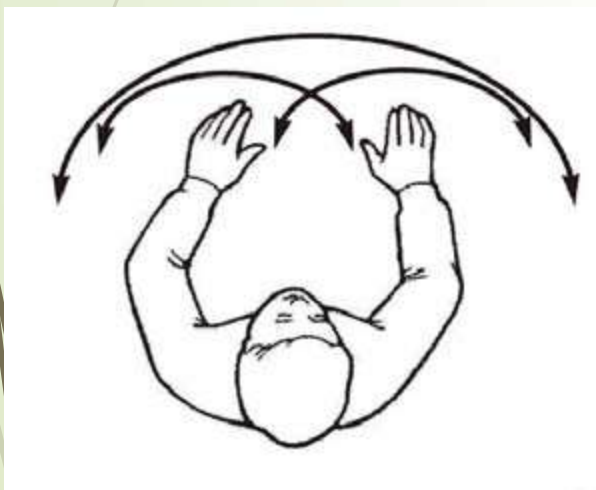




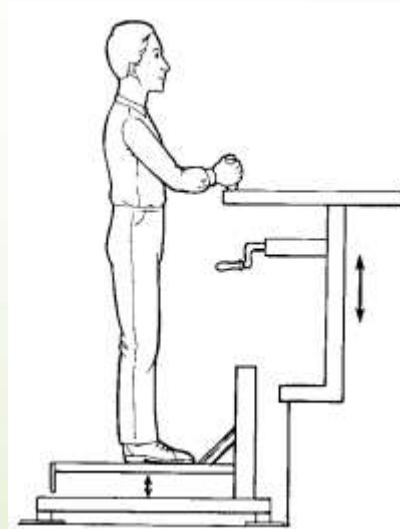
۲- از اعمال نیروی زیاد پرهیز کنید.



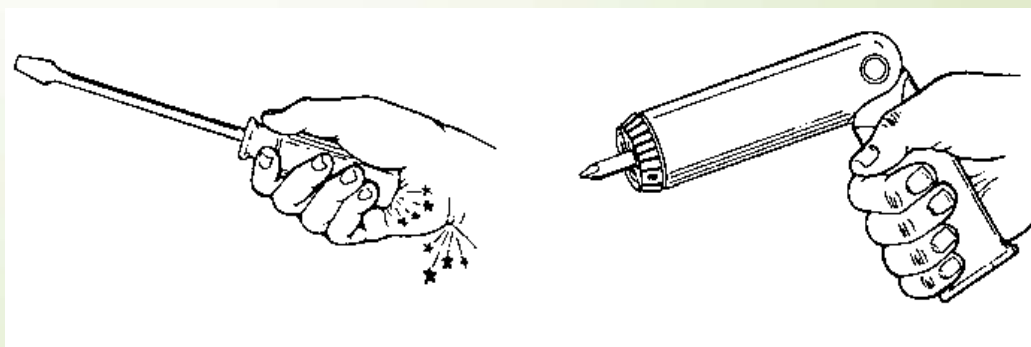
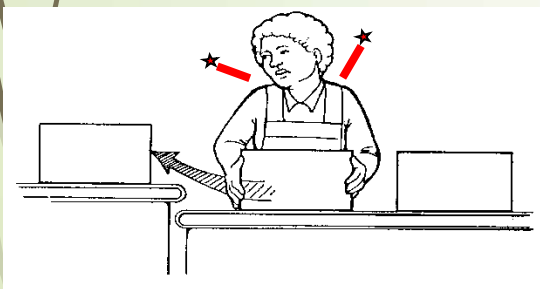
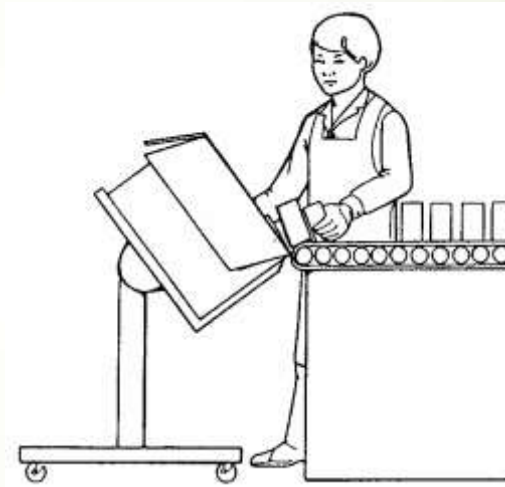
۳- وسایل و ابزارها را در حد دسترسی آسان قرار دهید.



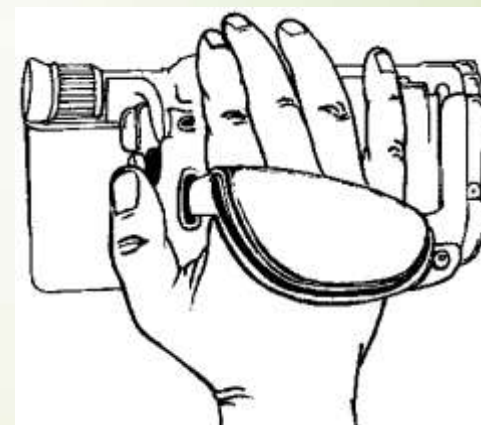
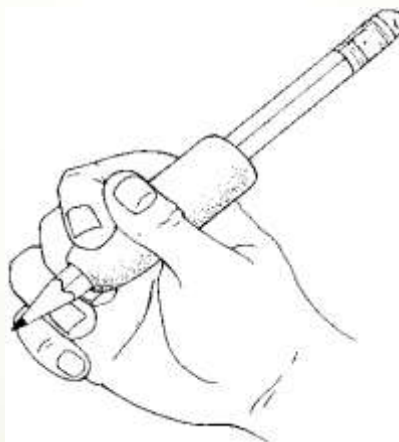
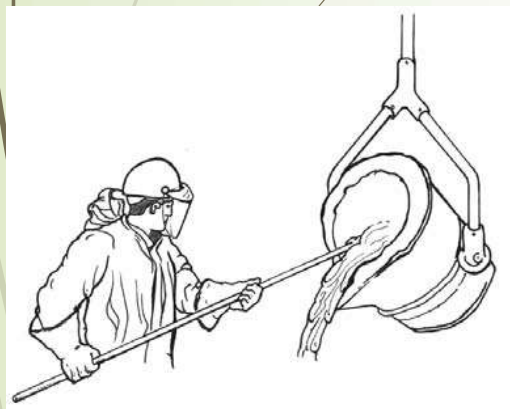
۴- در ارتفاع مناسب کار را انجام دهید

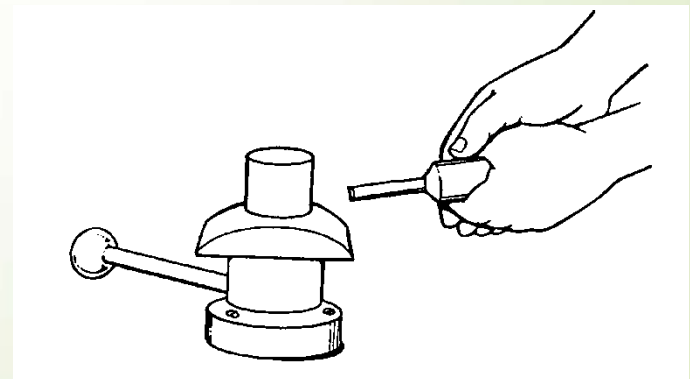
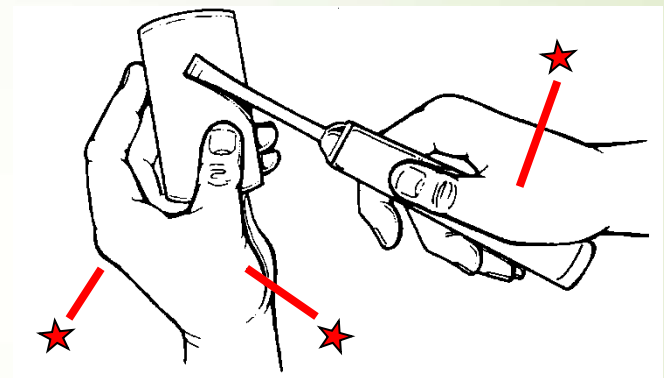
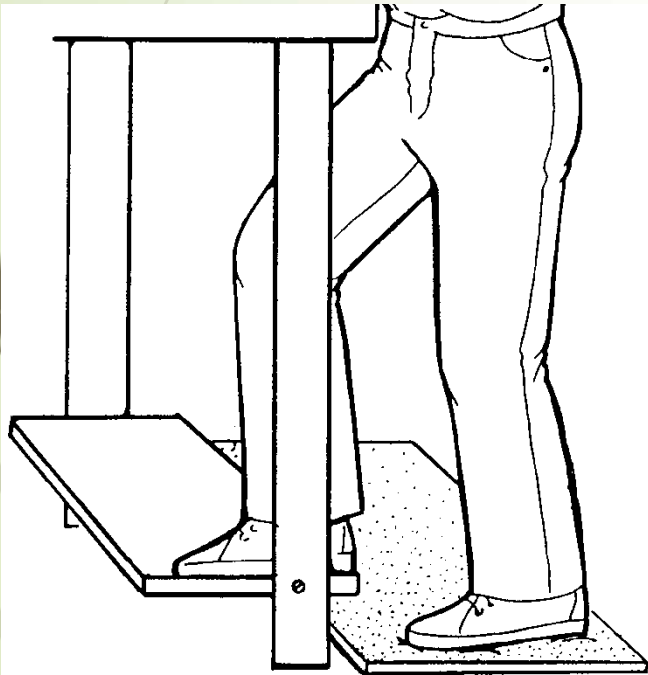


۵- کارها و حرکات تکراری را کاهش دهید.

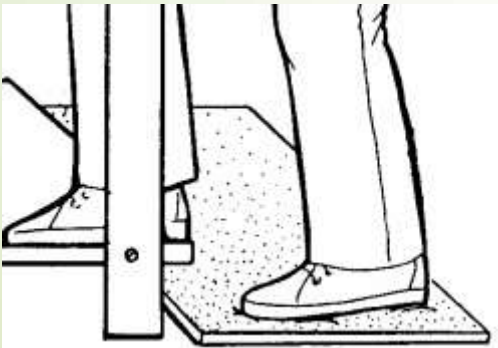
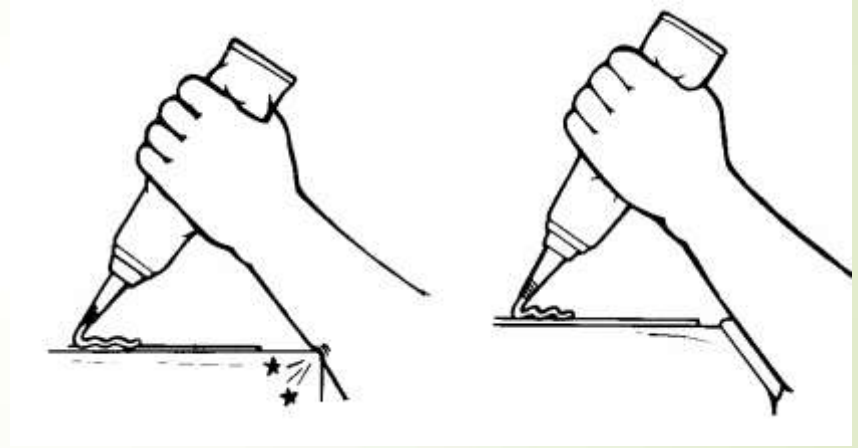
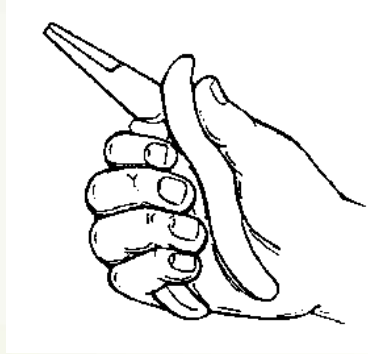
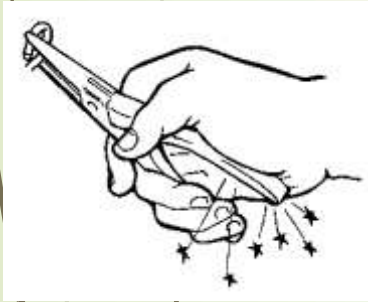


۶- خستگی و بار استاتیک را به حداقل رسانید.

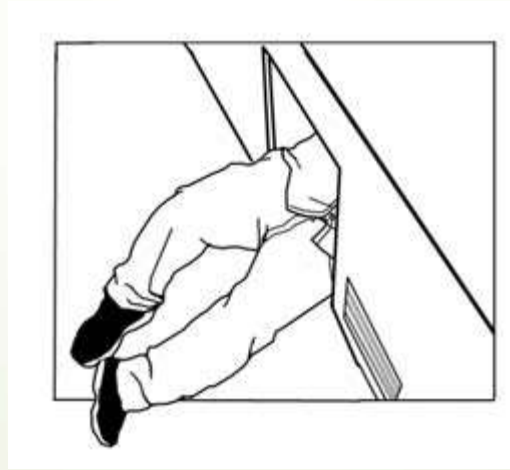




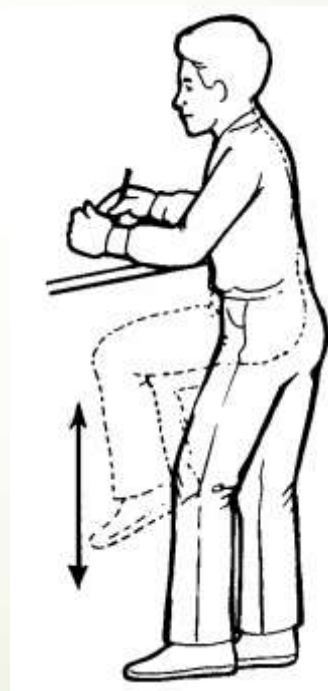
۷- فشار وارده به عضو یا بافت را به حداقل رسانید.



۸- فضای اضافی کافی فراهم آورید.



۹- تغییر پوسچر، ورزش و تمرینات بدنی را در برنامه کار خود لحاظ کنید.



۱۰- محیط فیزیکی راحتی را فراهم آورید.

