

## Ergonomics and the women's safety and health

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### Abstract

Ergonomics is the science of designing the job to fit the worker, rather than physically forcing the worker's body to fit the job. Musculoskeletal disorders (MSDs) are illnesses or injuries of the muscles, nerves, tendons, joints, cartilage, arms, legs, neck, or lower back. MSDs are caused or made worse by muscular force for a long time, repetitious movement, constant vibration, contact stress, psycho-social issues, awkward posture and/or Environmental conditions. Ergonomics try to find solutions to solve MSDs, these solutions usually involve changing tools, equipment, materials, work methods, or the work environment. The women numbers are growing fast in the workforce, but unfortunately women have a higher chance of getting MSDs than men. This higher rate is due to job and physical differences between men and women. In Ergonomics, we are trying to solve these MSDs to increase the comfort and the productivity of the female workers.