



TenStep Supplemental Paper

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Bionomics

Good news for all companies who have employed ergonomics in their workplace by reengineering, purchasing new equipment and workstations, and yet haven't noticed a significant improvement - a new science called bionomics, which simply involves managing one's body correctly while working, can help to reduce work-related injuries drastically.

Most employees pay little attention to correct posture. Wrong posture leads to the accumulation of job-induced stress, which in turn causes fatigue, discomfort, pain and injury.

Bionomics differs from ergonomics in that it focuses on the proper management of the body, while ergonomics involves modifying the physical environment to reduce injuries.

Organizations employing bionomics develop customized lessons after thoroughly researching the nuances of each job performed at a work area. They also understand that training employees on a kinetic activity through a video serves no purpose. Therefore, the training, whether it is for fire fighters, office-based employees or warehouse employees, includes real work tasks. The training is based on a sports model where practical implementation is more important than theory.

Bionomics is an inexpensive method of reducing stress injuries that can be adopted by companies who have not achieved desired results from ergonomically designing their workplaces.