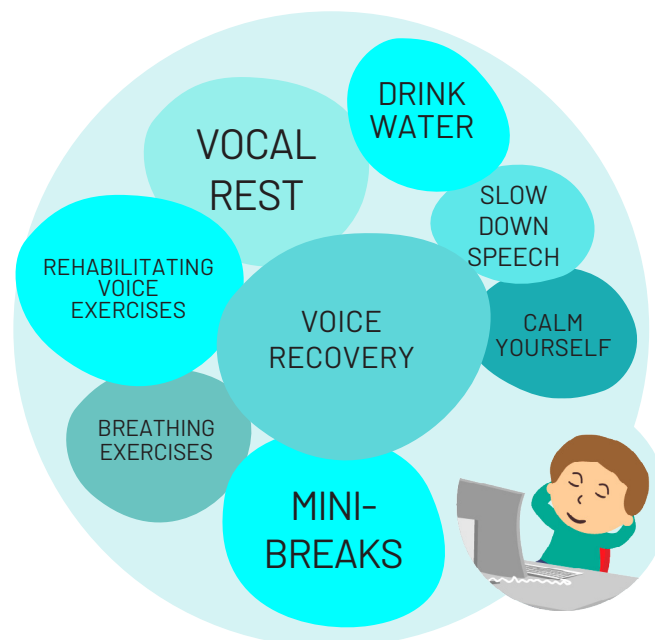
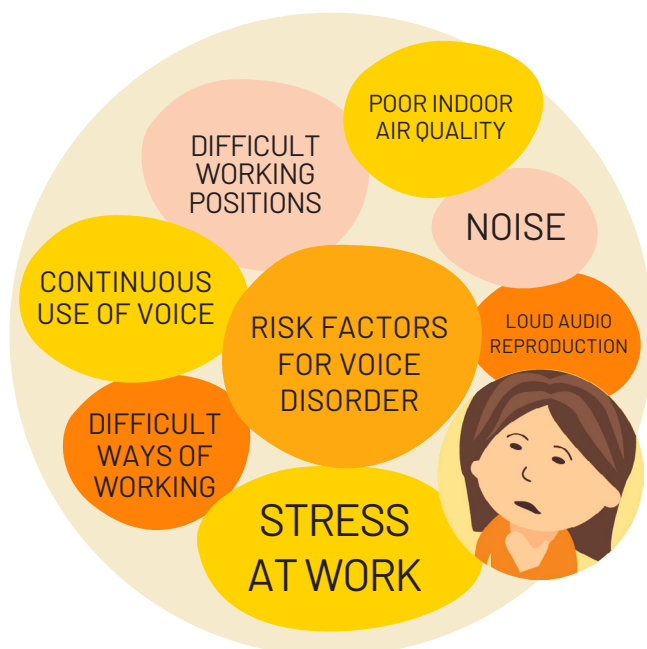


VOICE ERGONOMICS

a voice that works at work

Voice ergonomics helps us to find solutions to factors that stress the voice. Voice is strained by, for example, continuous and loud use of voice, difficult working positions and methods, stress at work and shortcomings in the working environment, such as noise or dry air. The voice ergonomics of the workplace is developed in co-operation with the employees, using the expertise of the occupational safety representative and occupational safety manager.

It is the supervisor's duty to ensure that the conditions are in order as far as voice ergonomics is concerned. You can request occupational health care to carry out an assessment of the impact on health of workload factors and issue proposals for action. We can do a lot for our voices ourselves, too.



For additional information about voice ergonomics, see:
ttk.fi/julkaisu/aaniergonomia-toimiva-aani-tyossa