

# TECHNOLOGY IN OUR LIVES

## The Ergonomics Of Today's Uniforms

(NAPSA)—When one thinks of ergonomics in the workplace, uniforms and work clothes do not usually come to mind. Society tends to think of computer keyboards, mouse pads, and office furniture. According to Rani Lueder in her book, *The Ergonomics Payoff*, ergonomics is “the science of adapting products and processes to human characteristics in order to improve well-being and optimize productivity.” Clearly, this extends way beyond computer gear. Surprisingly, today’s design and applications of uniforms and work garments have become wearer-focused to the point where ergonomics is actually driving the workwear industry, as well.

In the past, the major consideration in selecting workwear for a managed uniform program was how well it held up on the job and/or in the industrial laundering process. Today’s market demands work clothing that is indeed durable and functional, but also good looking and comfortable. The industrial laundering process has also evolved to better accommodate these same desires. Heavy-duty cleaning has become an automated scientific process that uses different formulae (chemicals and processes) to treat workwear with TLC, while effectively cleaning and sanitizing.

Ergonomics is also creating demand for “moisture-management” fabrics that wick moisture away from the body to provide increased comfort, much like we expect in our personal clothing.

In today’s challenging economy, employers are looking at how to make their workers more comfort-



**The science of ergonomics is important to today's uniforms.**

able as the workday gets longer. Major uniform suppliers, like UniFirst Corporation, are answering this need by offering a wide range of work garments with a softer hand or feel, fuller fit, and more overall comfort than our work clothes of yesteryear.

So, what does all this mean? UniFirst Marketing Director, Robert Isaacson, said, “It means that future consumer retail trends will continue to drive the industrial apparel market, and increased functionality and comfort will be key. Demand has shifted in recent years from heavy, stiff, industrial, laundry-friendly garments to items more similar to consumer apparel. Providing uniforms (including casual office wear) that fit great, look great, and provide greater comfort will continue to be the direction our industry will follow,” he concluded.

To learn more about the latest in uniform and workwear options, contact UniFirst at (800) 225-3364 or visit [www.unifirst.com](http://www.unifirst.com). The company has been outfitting businesses, large and small, since 1936 and is a recognized expert in the industry.