The Power of Ergonomics:

Fitting your Workstation to You

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Definition of Ergonomics

Ergonomics is the science of designing the job to fit the worker, rather than forcing the worker's body to fit the job to reduce/prevent work-related musculoskeletal disorders and injuries

- Arranging the workstation
- Changing habits
- Using adaptive tools and equipment

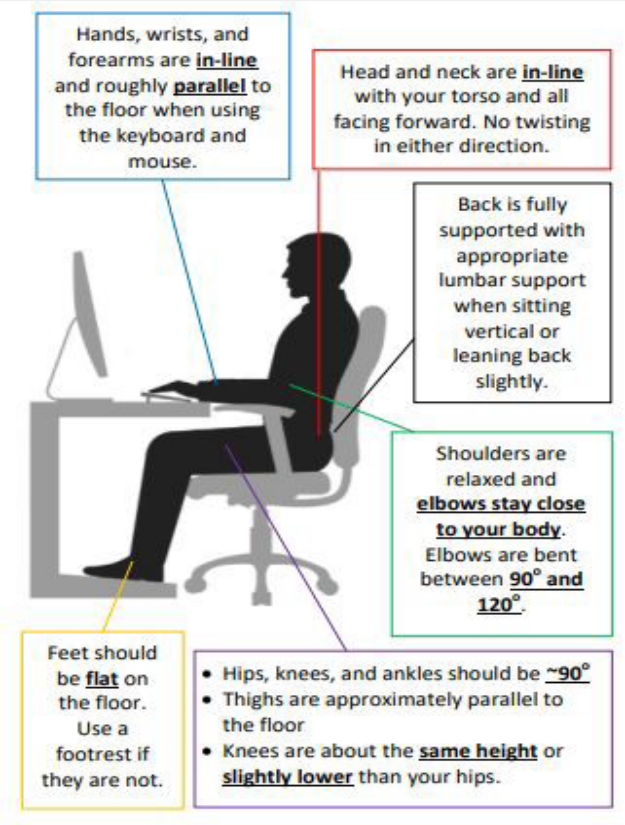
Musculoskeletal Disorders/Injuries

- Injuries and disorders of the soft tissues (muscles, tendons, ligaments, joints, and cartilage) and nervous system.
- Exposure to multiple risk factors that can cause or exacerbate the disorders, not from a single event or trauma.
- Develop gradually over weeks, months, or years
- Pain, numbness, tingling, stiff joints, difficulty moving, and muscle loss
- When the physical capabilities of the worker do not match the physical requirements of the job

Cost of MSDs

- 34% of all lost-workday injuries and illnesses
- 600,000 MSDs requiring time away from work every year
- $1 of every $3 spent for workers' compensation
- $15 billion to $20 billion in workers' compensation costs
- Prevents people from returning to their jobs or handling simple, everyday tasks

Computer Ergonomics



- Top of monitor should be around **eye level or slightly lower** (~15° lower).
- Monitor should be **centered** and ~**1 arm's length** away from you.

Top of the monitor is at or below eye level so user can read it without bending their head down/back.

Monitor placed approximately an arm's length away so user can read the screen without leaning head, neck or trunk forward/backward.

Standing Desk Ergonomics

- Same as sitting desk ergonomics. Except legs, torso, neck, and head are in-line and vertical, with feet slightly apart.
- Can keep one foot elevated on a footrest that is slightly in front of the user.
- Alternate postures regularly and mix standing with sitting tasks.


Height
Backrest
Lumbar support
Seat depth
Arm rest


Distance
Angle
Height
Lighting

Neck Pain

May be from:

1. Poor positioning of the computer monitor height
2. Distance away from monitor is too far
3. Documents on screen are in small font
4. Head and neck are not in-line with torso when seated
5. Copying notes from a book or document
6. Not taking rest breaks

Shoulder Pain

May be from:

1. Positioning of your armrests
2. Keyboard and mouse positioning
3. Not taking rest breaks

Wrist Pain

May be from:

1. Arm positioning on the keyboard
2. Hard surfaces or edges of desk
3. Not taking rest breaks

Back Pain

May be from:

1. Sitting position
    a) Distance from screen
    b) Keyboard and mouse position
2. Chair settings
3. Not taking rest breaks

Leg Pain

May be from:

1. Chair design
2. Chair settings
3. Not using a footrest
4. Not taking rest breaks

Eye Strain

May be caused from:

1. Bright lighting (above or behind)
2. Not reducing glare
3. Font size, contrast and brightness screen settings
4. Not taking eye breaks (20 min-20 ft-20 sec Rule)
5. Not blinking often to refresh eyes


F I GB USA MEX
ONE SIZE
DOES NOT
FIT ALL
30°C
Von links bügeln/ Iron inside out/
repasser sur l'envers /

Questions?

References

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