

Workplace Ergonomics

Most people spend much of their day working and many office workers experience some kind of job related discomfort. Poor ergonomics can affect you in ways you least expect. It is important to understand the ergonomic process of your job and be able to identify potential hazards in your work environment.



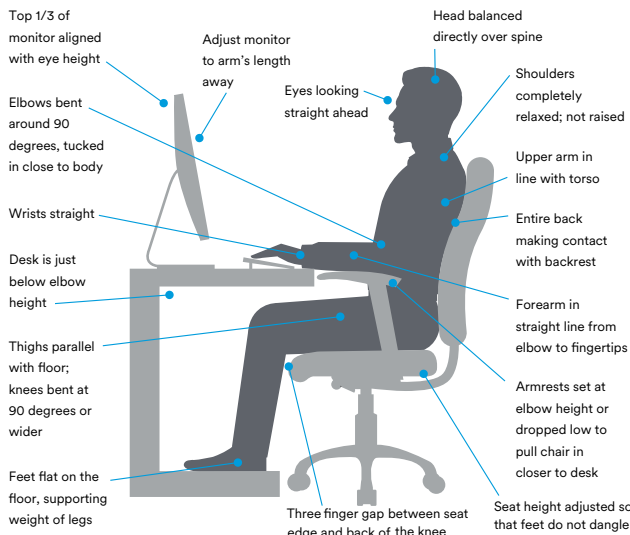
Ergonomics is the science of studying how efficient people are in their work environment and details what can be done to make them more productive throughout the day.

Poor Ergonomics

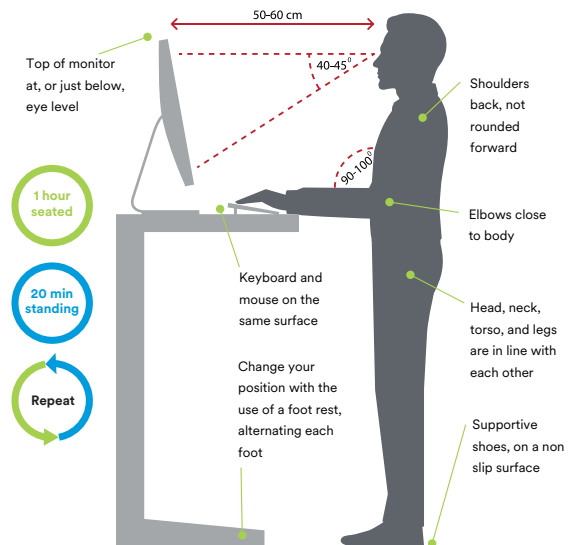
Several conditions can be the result of poor ergonomics, including:

- Headaches & Migraines
- Fatigue
- Poor digestion
- Stiff neck
- Back injury, discomfort, numbness, aches, and pains
- Musculoskeletal disorders such as; carpal tunnel, tendinitis, rotator cuff injury, “trigger finger”

Sit Up Straight: Tips for Seated Workplace Ergonomics



Sit To Stand: Advice for Ergonomics in Action



With proper ergonomics, you can complete your job more efficiently. Proper posture and routines help to maximize your personal comfort and while minimizing symptoms of stress while working at a computer.

The information contained herein is for purely informational purposes only, and is not intended to present medical, occupational, or therapeutic advice.

Sit Up Straight - Tips for Seated Workplace Ergonomics:

- Top 1/3 of monitor aligned with eye height
- Adjust monitor to arm's length away
- Elbows bent around 90 degrees, tucked in close to body
- Wrists straight
- Desk is just below elbow height
- Thighs parallel with floor: knees bent at 90 degrees or wider
- Feet flat on the floor, supporting weight of legs
- Three finger gap between seat edge and back of the knee
- Eyes looking straight ahead
- Head balanced directly over spine
- Shoulders completely relaxed; not raised
- Upper arm in line with torso
- Entire back making contact with backrest
- Forearm in straight line from elbow to fingertips
- Armrests set at elbow height or dropped low to pull chair in closer to desk
- Seat height adjusted so that feet do not dangle

Sit To Stand - Advice for Ergonomics in Action:

- Top of monitor at, or just below. eye level
- Monitor 50 to 60 centimeters away from eyes
- Bottom of monitor visible at 40 to 45 degrees down from the top of the monitor
- Shoulders back, not rounded forward
- Elbows close to body
- Head, neck, torso, and legs are in line with each other
- Supportive shoes, on a non slip surface
- Keyboard and mouse on the same surface
- Change your position with the use of a foot rest, alternating each foot
- Spend 1 hour seated, then 20 minutes standing, and then repeat