

SAFETY TALK

— Ergonomics

Made Simple



Many computer workstation users pay little attention to their ergonomics because it sounds so complicated. Let's start with a simple approach so you can make ergonomics work for YOU. It can be as easy as 1-2-3.

Set up for success - The science of fitting the workstation to the worker enables working from a neutral posture, where our muscles work less and burn less energy. Some tips include:

- Align your keyboard, mouse, and monitor.
- Position your monitor at arm's length, and adjust the height so the top of the monitor is eye level (while sitting upright).
- Place your keyboard height so your arms and elbows make a 90o angle.
- Change the chair height so your feet rest firmly on the floor.

Ergonomics

Custom fitting the workstation to the worker so the worker will be able to use their body properly and interact appropriately within their workstation environment.

Use your body properly – What good would the \$700 ergonomic chair be if you sat with a slouch? The location and height of the computer monitor could be perfect for you yet still crane your neck while reading the display. You could have premium adjustability with your armrests yet still not allow your neck and shoulder muscles to relax and be supported. The list could go on and on. The key is you must use your body properly in order for the scientifically adjusted workstation to be effective.

Interact with your environment – You must make intentional choices while working every day. For example:

- If you type what you read, use an inline document holder with an adjustable angle feature.
- If you read and edit hard copies, move the inline document holder in front of you and raise the angle of the platform (so the document sits upright in front of you).
- If your height changes enough when wearing heels vs. flat shoes, adjust your chair height or use a foot rest.
- If your work area is cold, wear a sweater.

It's that simple to make a good ergonomic foundation work for you. Put this foundation into practice to reduce physical stressors that accumulate throughout the day. You'll then go home with plenty of energy left over to enjoy your family, friends and life.