

ERGONOMICS

ERGONOMICS: The study (laws) of how people interact with their work. In other words, how to create a good match between employees, the workstation and tools they use.

What are WMSD? Work Related Musculoskeletal Diseases are illnesses or injuries that result from repetitive movement or motion over a period of time (cumulative effect).

MOST COMMON TYPES:

- **CARPAL TUNNEL SYNDROME**
- **TENDONITIS**
- **GANGLION CYSTS**
- **CONDYLITIS**

COMPLAINTS, CAUSES, & REMEDIES

EYE & HEADACHES

Glare: lighting

- Screen distance: readable
- Screen angle: \pm 0-7degrees
- Screen contrast: light vs. dark brightness
- Font size: readable
- Glasses
- Lighting: ambient vs. task

HANDS, WRISTS, & ARMS

- Poor workstation design
- Poor body posture: neutral
- Improper or no support
- Equipment may need adjusting

NECK & SHOULDER

- Monitor height: 32"-42" & 0-35 degrees
- Body not perpendicular to work
- Document location
- Keyboard height/location: 25"-31" & neutral
- Body posture
- Telephone use

BACK

- Slouching
- Lumbar support
- Body not perpendicular to work
- Twisting trunk
- Leg posture-strain

LEG & FEET

- Improper leg posture: 90-110 degrees
- Chair restricting blood circulation
- Legs crossed or tucked under chair
- Footrest, if necessary

CHAIR FEATURES

- Good Ergonomic chair
 - ◆ Five caster rollers
 - ◆ Lumbar support
 - ◆ Front seat pan edge curves down
 - ◆ Armrests, if necessary
- Adjustable features:
 - ◆ Seat pan height
 - ◆ Backrest height
- Nice to have features:
- Articulating/tilting backrest: \pm 0-10 degrees
 - ◆ Articulating/tilting seat pan

