



August Mack

ENVIRONMENTAL

Expertise. Innovation. Commitment.

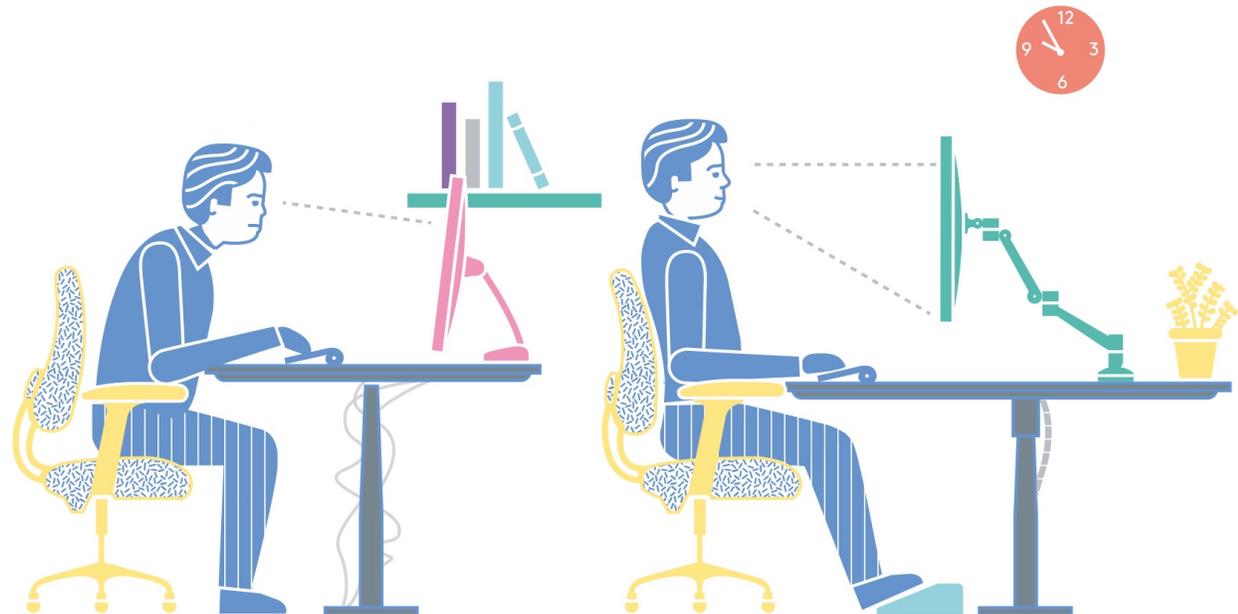


HOME - OFFICE ERGONOMICS

Travis Bennett, Compliance Specialist

OUTLINE

- What is ergonomics?
- How can I make ergonomic improvements while working remotely?
- Helpful tips
- Questions?





WHAT IS ERGONOMICS?

“Ergonomics (or human factors) is the scientific discipline concerned with the understanding of the interactions among human and other elements of a system, and the profession that applies theory, principles, data and methods to design in order to optimize human well-being and overall system performance.”

- International Ergonomics Association (IEA)



USING ERGONOMICS

While working remotely

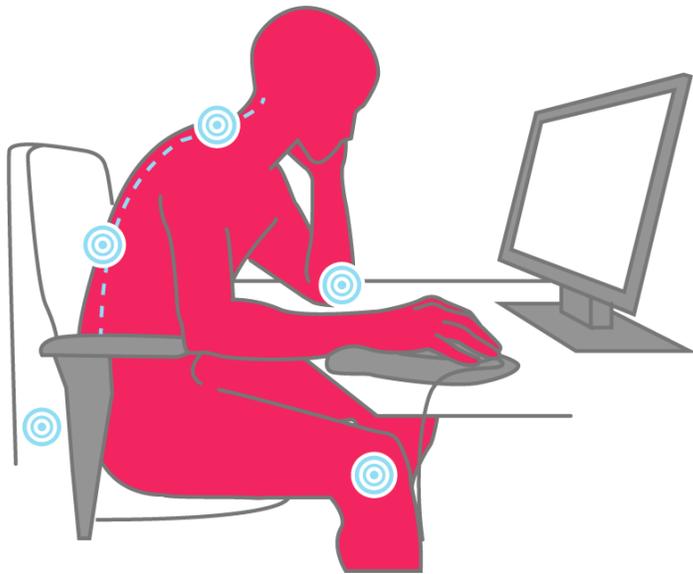
FINDING YOUR DESK / WORKSPACE

- Create a work environment that doesn't intrude into the lives of other household members (spouse, kids, roommates);
- A stress free and quiet zone, with minimum foot traffic;
- Use soft music to calm your mind and drown out any ambient noises;
- Go to the same workspace on a regular basis; and,
- Establish boundaries for yourself.

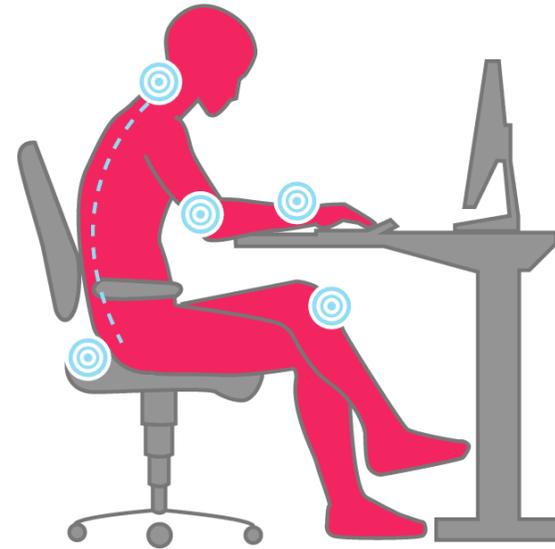
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POOR ERGONOMIC POSTURES



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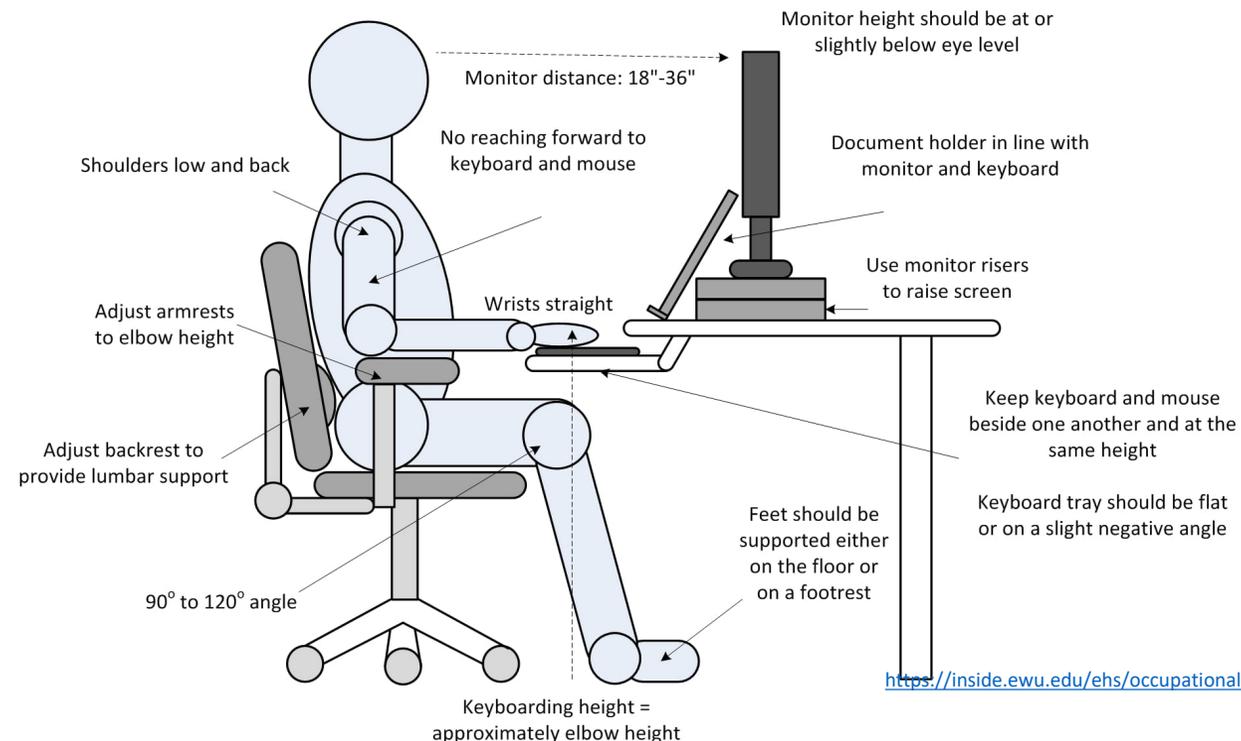


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<https://www.blitzresults.com/en/ergonomic/>

ADJUSTING YOUR CHAIR AND POSTURE

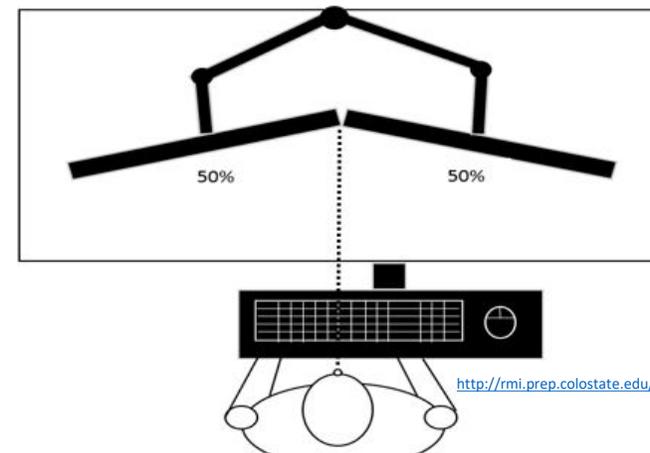
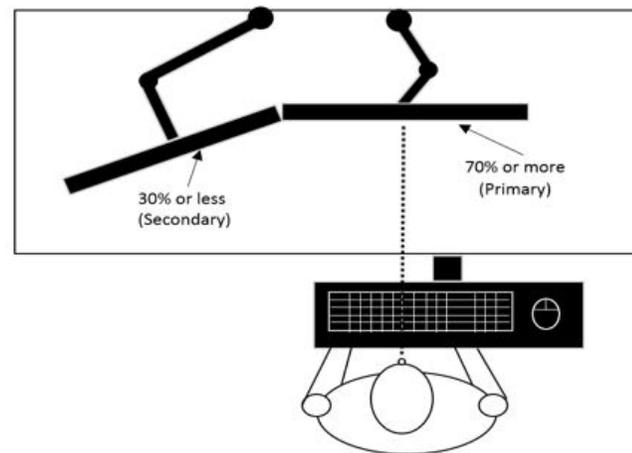
- Hips – higher than your knees
- Armrests – below your desk
- Knees – about an inch (two finger width) from the edge of your seat
- Back – against the backrest of your chair and adjust



<https://inside.ewu.edu/ehs/occupational-health-safety/ergonomics/>

MONITOR POSITIONING

- Alignment:
 - One main monitor – directly in front of you;
 - Two main monitors – side by side in front of you; and,
 - One main and one secondary – Position your main monitor directly in front of you and place the second monitor opposite of your dominant hand, angled toward you (space permitting).
- Distance – just beyond arm's reach
- Height – the top of the monitor should be eye about level

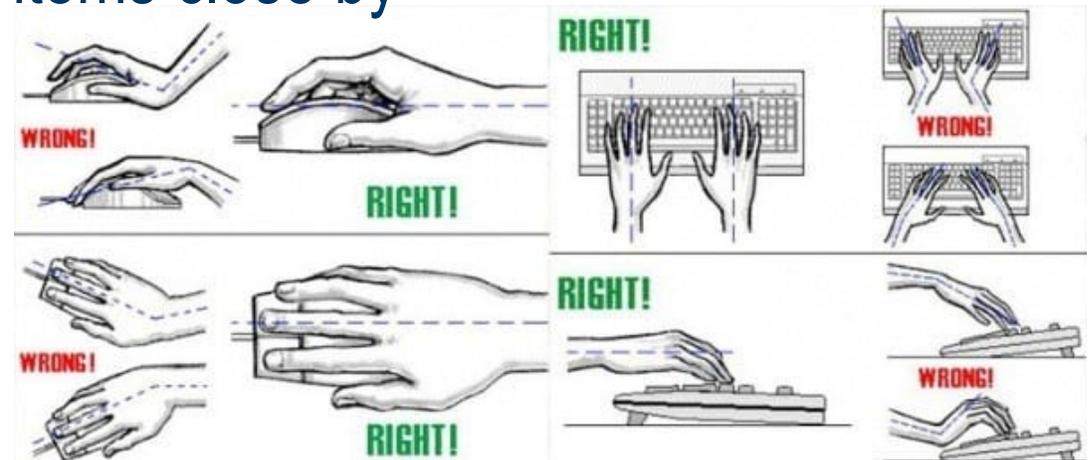


<http://rmi.prep.colostate.edu/wp-content/uploads/sites/4/2015/08/Dual-Monitor-Setup.jpg>

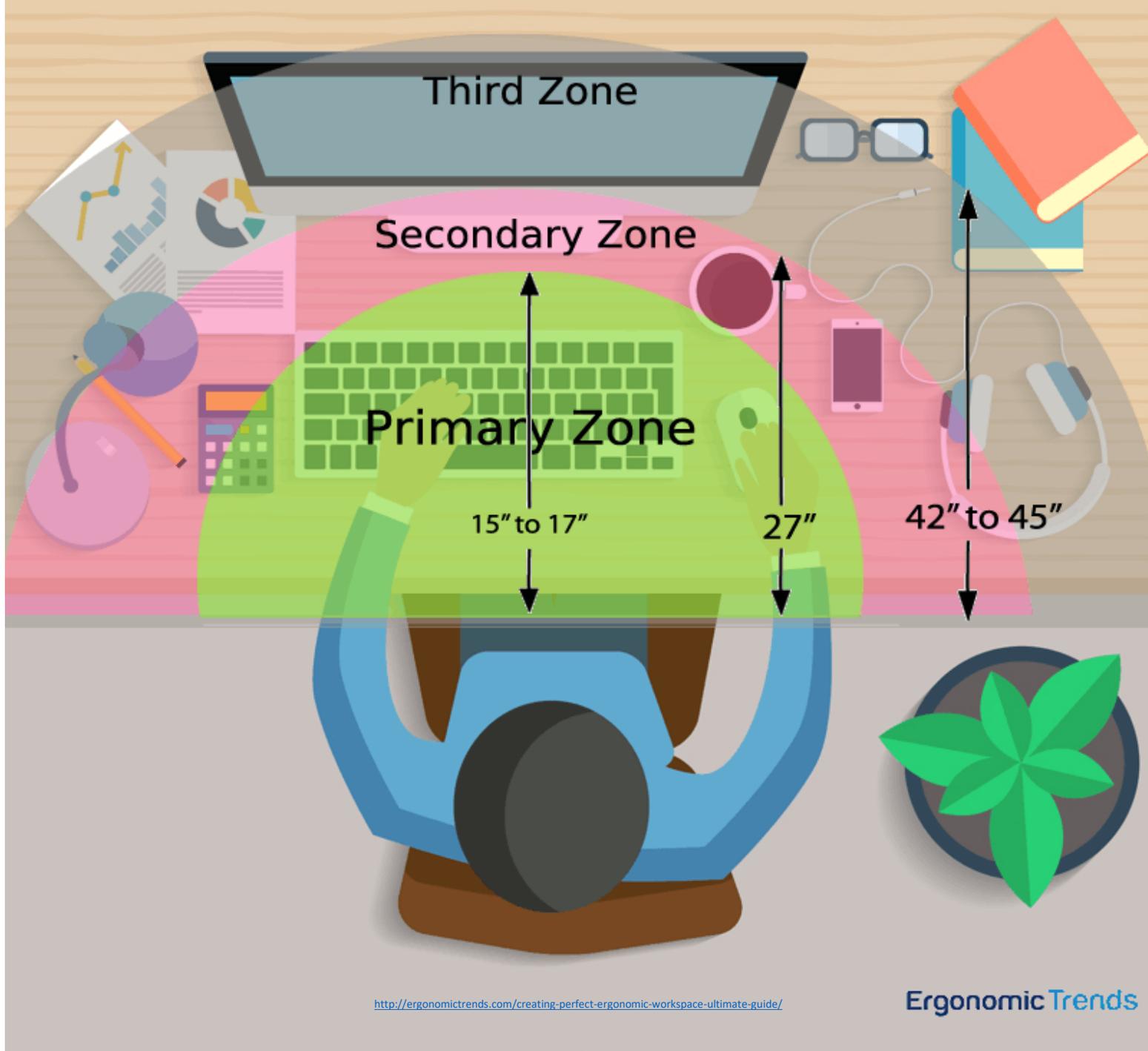
DESK LAYOUT ADJUSTMENTS

- Forearms – 2/3 of your forearms should be on the desk.
- Distancing – scoot in enough so that your stomach is nearly touching the desk
- Desk height – weight off your shoulders
- Mouse – move using your forearm, not your wrists
- Proximity – keep the mouse near the keyboard
- Reach – keep frequently used items close by

*Laptop



<https://inside.ewu.edu/ehs/occupational-health-safety/ergonomics/>



<http://ergonomictrends.com/creating-perfect-ergonomic-workspace-ultimate-guide/>

Ergonomic Trends

TIPS

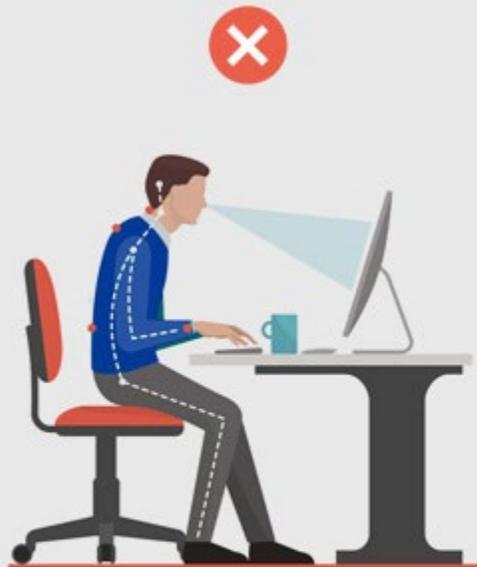
- General fatigue
- Eye fatigue
- Neck/Shoulder strain
- Desk height tool
 - <https://www.omnicalculator.com/everyday-life/desk-height>

GOOD ERGONOMIC POSTURE

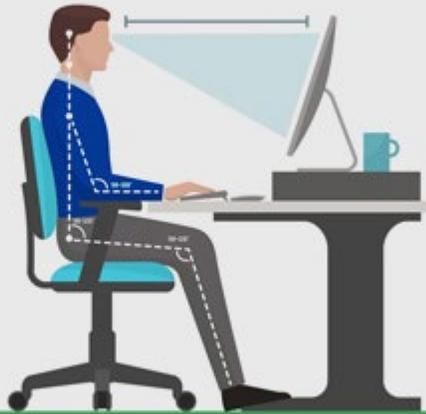


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WRONG SITTING POSTURE



CORRECT SITTING POSITION



CORRECT STANDING POSITION

QUESTIONS?

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