Office Ergonomics: Let's Get Comfortable

September 7, 2016

Agenda:

- Proper adjustment of your workstation
  - Chair
  - Monitor
  - Keyboard and mouse
  - Desk space
- Common risk factors for discomfort
- Sit/Stand Revolution- or is it?
Essential Chair Adjustments:
- Seat Height
- Seat Depth
- Backrest
- Lumbar Support

Seat Height:
- Height adjusted so that:
  - Feet flat on the floor
  - Thighs are parallel to the floor
  - Footrest?
Essential Chair Adjustments

- Seat Pan
  - Fully support your thighs
  - Pressure distribution
  - 2-3” between end of seat and back of knee

- Backrest
  - Adjust tension to semi-recline
    - Minimizes spine load
    - Distributes load of the body to back rest
Benefits of Reclining and Lumbar Support

- Lumbar Support
  - Fit the backrest curvature to the small of the back

- **Monitor**
  - Arm’s length away
  - Eyes level - within the top 2” of monitor
  - Centered at mid body

- **Keyboard**
  - Center with body
  - Maintain open angles
  - Negative tilt
  - No tabs up!
- **Keyboard Tray**
  - 1” off knees
  - Helps maintain open angles

- **Mouse**
  - Close to keyboard
  - Avoid pivoting at wrist
  - Avoid shoulder arm extension
A Healthy Workstation

Office Desks: 6'4"? this desk is made for you
Perching?

- **85%** increase in lumbar disc pressure over standing relaxed

- Reclining - distributes load to back rest = minimize

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Not squaring up to your desk

- Chair too high

May cause discomfort: thighs, hips, lower back
Contact Pressure may lead to discomfort in the wrist, hand, elbow, forearm, shoulder.

Contact Pressure
- Underside of wrists
- Elbows

Common Ergonomic Risk Factors
Retrain: This is a **palm** rest!

- The Sit/Stand Revolution

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 Sit/Stand Desks
Is standing better for you?

- Prolonged Sitting:
  - Elevates spinal disc pressure
  - Fat burning enzymes slow down
  - Lower demand of circulatory system = slow down of heart activity and blood flow

Is standing better for you?

- Prolonged standing:
  - Causes pooling of the lower extremities
  - Linked to foot pain, varicose veins, static muscle fatigue
  - Is more tiring and can require 20% more energy

New research: Stand 10-15 minutes an hour
What to look for in a sit/stand desk
- Ease of changing positions
- Avoid awkward positions to stand, sit, or lift
- Consider your seated position

Be aware…

Power Zone
Be aware…

Best practice- Vary your position throughout the day:
- Get up
- Take mini breaks: 2 or 3 @ 30-45 sec./hour
- Move the opposite of how you sit daily
- Stretch

Sit/Stand Desks
Questions?

ERGONOMICS FOR ADULTS: AND FOR KIDS:
- Monitor at eye level
- Keyboard at elbow height
- Lumbar support chair

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