ABC 2016 Fall Summit

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

- **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

1. Monitor height should be at eye level.
2. Chair should provide adequate support.
3. Keyboard and mouse should be at comfortable height.
4. Feet should be flat on the floor.
5. Desk height should allow for proper posture.
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
Common Ergonomic Risk Factors

- 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.
Common Ergonomic Risk Factors

- Contact Pressure
  - Underside of wrists
  - Elbows
Retrain: This is a **palm** rest!
The Sit/Stand Revolution

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
Questions?

Ergonomics for Adults:
- Monitor at eye level
- Keyboard at elbow height
- Lumbar support chair

And for Kids:

vlongacr@calpoly.edu
x66628