



What is ergonomics?

Ergonomics is the science of designing the job, equipment, and workplace to fit the worker.

Proper ergonomic design is necessary to prevent repetitive strain injuries, which can develop over time and can lead to long-term issues. Ergonomics is employed to fulfill the two goals of health and productivity.

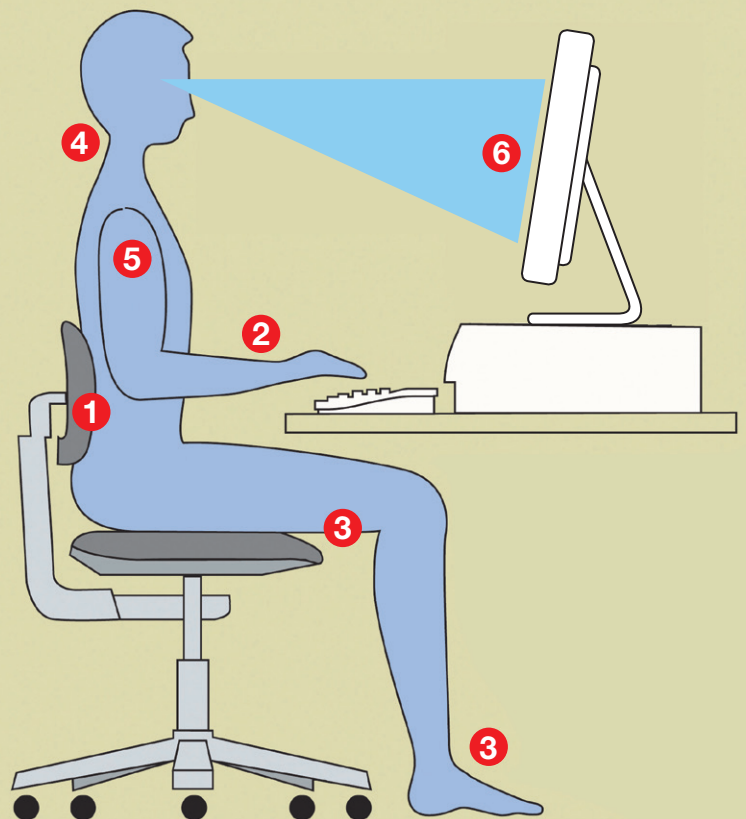
Ergonomics is concerned with the 'fit' between people and their technological tools and environments. It takes account of the user's capabilities and limitations in seeking to ensure that tasks, equipment, information and the environment suit each user.

Why is it important?

- Office based workers sit for the majority of the day.
- In sitting, there is significantly more pressure through the lumbar vertebrae and discs compared with standing, walking or lying.
- When sitting in the correct position with spinal curves supported, the body requires minimal muscle activity to maintain this position.
- When not sitting in a good position the body has to work very hard to maintain this position. This can lead to overuse of muscles, muscle imbalances, and eventually pain and/or dysfunction.

What is the correct sitting position?

1. **Spine** adjust backrest height and tilt to fit the small of the back.
2. **Seat height** adjust seat height so that the keyboard is at, or slightly lower than the elbow. The shoulders are relaxed and elbows at 90 degrees.
3. **Legs** hips at 90 degrees and feet supported on floor or footrest.
4. **Neck** head upright, neck relaxed, with the top of the screen at eye level.
5. **Arms** elbows close to the body, forearms horizontal, wrists neutral and relaxed (do not stretch for mouse).
6. **Eyes** monitor should be approx arm's length from your sitting position.

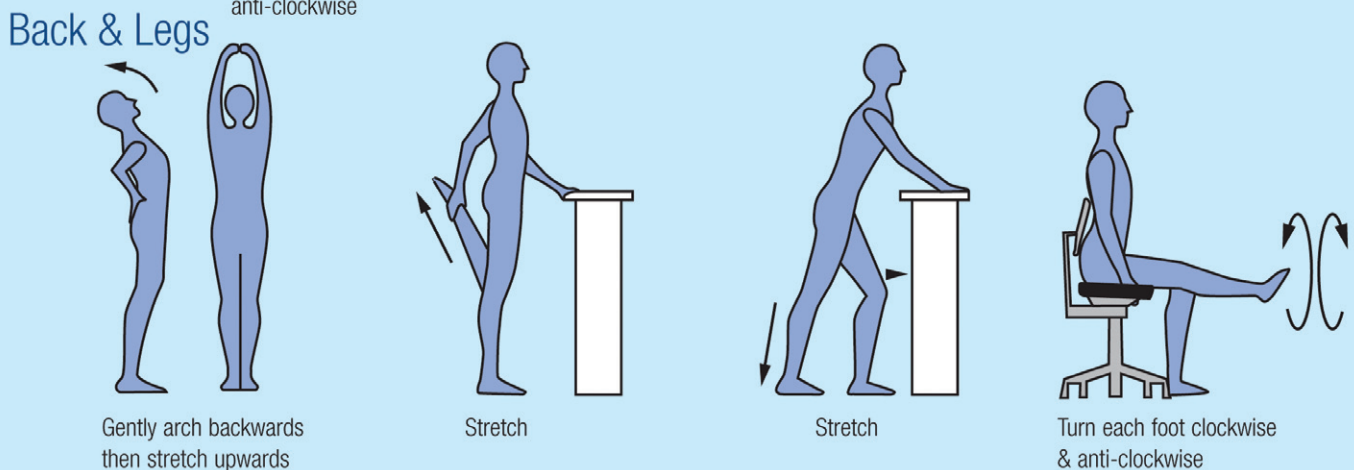
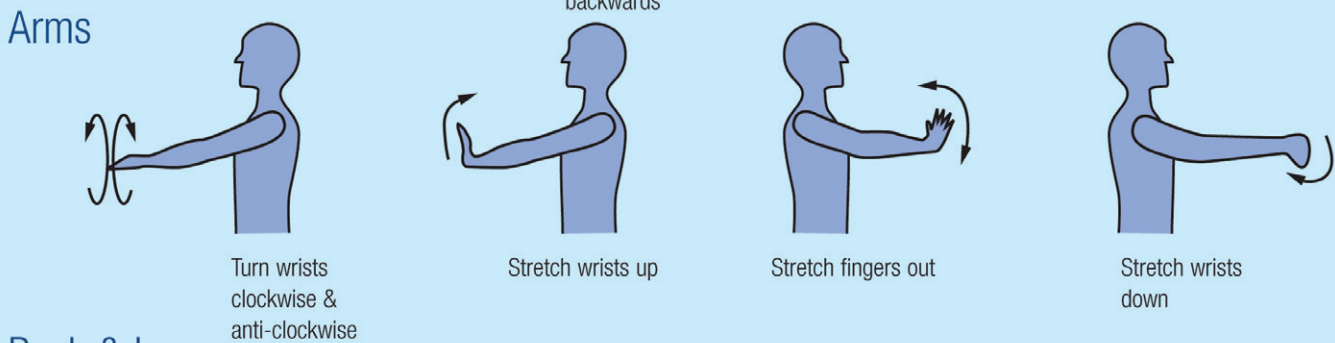
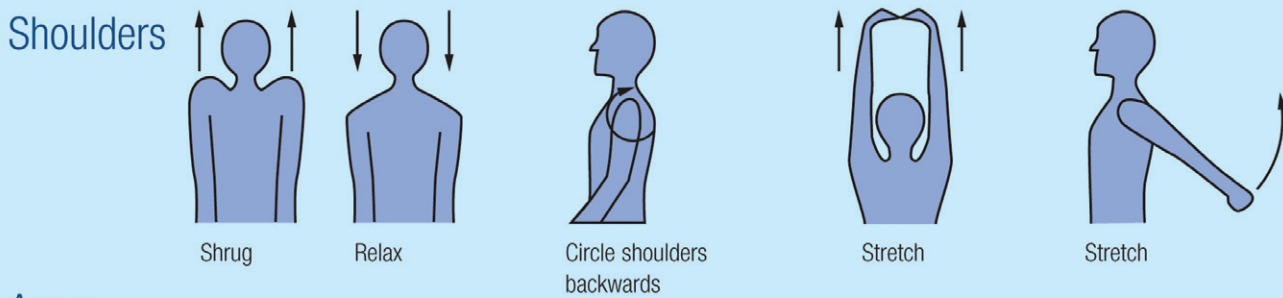
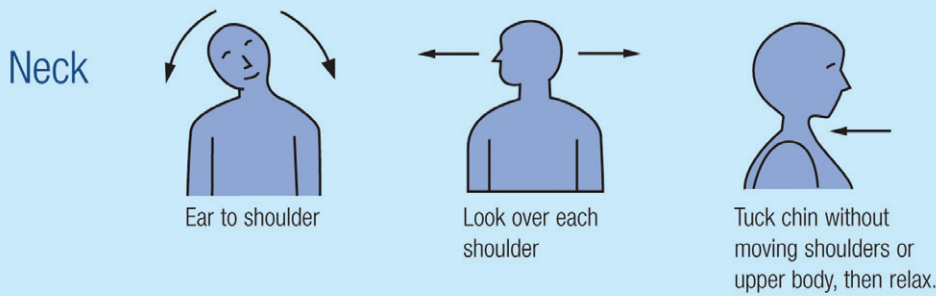


Quick Tips:

1. Move/change posture regularly (every 30 minutes).
2. Sit upright – don't slouch or sit twisted!
3. Stretch regularly.

Ergo Desk Set Up

Stretches for office workers



Exercise every hour

- Improve your flexibility
- Improve circulation
- Promote good posture
- Reduce muscle tension and fatigue.

How?

- Change your postures regularly
- Take slow, deep breaths
- Use slow, controlled movements
- Move until you feel a firm stretch BUT not to the point of discomfort or pain. Do each exercise about 10 times
- Hold each stretch for about 10 seconds.