

Ergonomics 101 Presented By:

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**Patented:
Aviator Laptop Stand**






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BodyBilt Chairs








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Ergonomic Injuries:

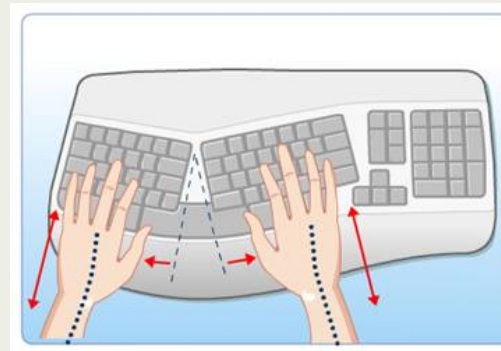
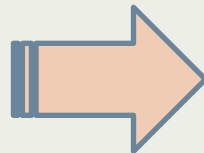
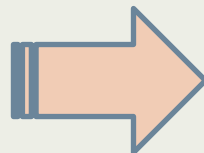
- 1.8 million workers a year
- 1/3 of all lost day injuries
- Cost \$54 billion annually





Ergonomic Injuries:

- Are often PREVENTABLE





Ergonomics : Fitting the Job to the Worker



What's wrong with this picture? Any ergo suggestions?



Ergonomics Means: *Fitting the Job to the Worker.*

- We do this because...

One Size Does
NOT Fit All...

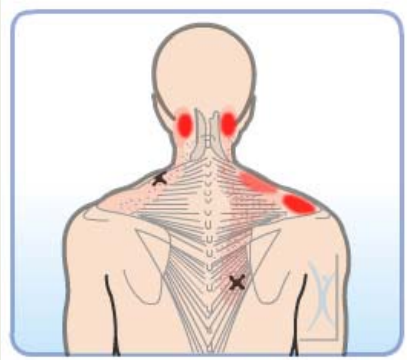




Risks of Improper Ergonomics

MSD's (Musculo-skeletal disorders) aka
RSI, CTD, Over-use injuries...

- Muscle fatigue, pain, cramp
- Tendon strain, finger, wrist, elbow, shoulder
- Nerve injury, Carpal Tunnel Syndrome





Common Causes of MSD's:

Personal Factors

- Smoking
- Sedentary Lifestyle
- Computer Gaming
- Hand-intensive Hobbies
- Medical Conditions (diabetes, thyroid, ...)
- Pregnancy (Carpal Tunnel)

Ergonomic Factors

- Awkward Postures
- Static Postures
- High Repetition
- High Force
- No Rest Pauses





How to Improve Comfort, Fit, Productivity

(and Reduce the Risk of Issues):

- 1. Adjust the Chair*
- 2. Adjust the Computer
Equipment*
- 3. Move and Change Positions*





Chair Adjustments for Comfort, Support, and Movement:

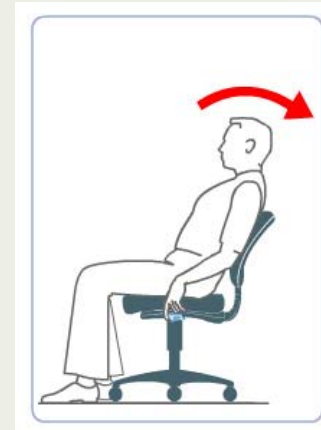


Adjust Seat Height

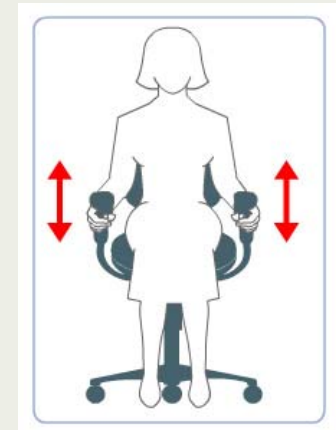
**Knees & Hips
Nearly Level –
Feet Supported**



**Adjust
Backrest (or
cushion) to fit
Lower back**



**Recline to
Relax the Back**



**Adjust Arm
Rests for
Support or
Clearance**

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2. Chair: Is the seat height adjusted so that the knees and hips are nearly level?

TIP: If you are not sure ask a co-worker. They will be able to see your positioning right away.



Yes- Nearly Level



No- Knees Higher



No- Knees Lower

You selected: No - Knees and hips are not level

We recommend sitting with the knees and hips nearly level, and feet supported on the floor or footrest

1. Sitting with the knees lower than the hips (chair too high) increases pressure on the back of the legs and can cause nerve irritation, decreased circulation and swelling in the ankles and legs. Consider a **footrest** or **lowering the chair** to correct this issue.

If you prefer sitting with the knees lower than the hips try tilting the seat pan down in front to align the seat cushion with your leg.

2. Sitting with the knees higher than the hips (chair too low) can put pressure on your tail bone and can compress your bladder. Reclining in the chair, or raising the seat can fix this issue.

3. See the [Chair Adjustment Guides](#) in the Help Library if you need more assistance.

Was this advice helpful? Were you able to correct the chair issues?



Computer & Equipment Adjustments:

Keyboard near resting elbow height. Wrists straight.

Lower keyboard or Raise chair if needed.



Top of Screen eye-level or LOWER.

Screen tilted to aim towards eyes

Documents in front and angled UP.

Phone & Mouse easy to reach.



Working with Laptops:



Occasional use: Laptop Stand

Frequent use: Docking station + keyboard & mouse

Transportation: Keep load light. Single strap from shoulder to OPPOSITE hip. Double strap backpack better for shoulders, Wheeled luggage best.





Active Ergonomics

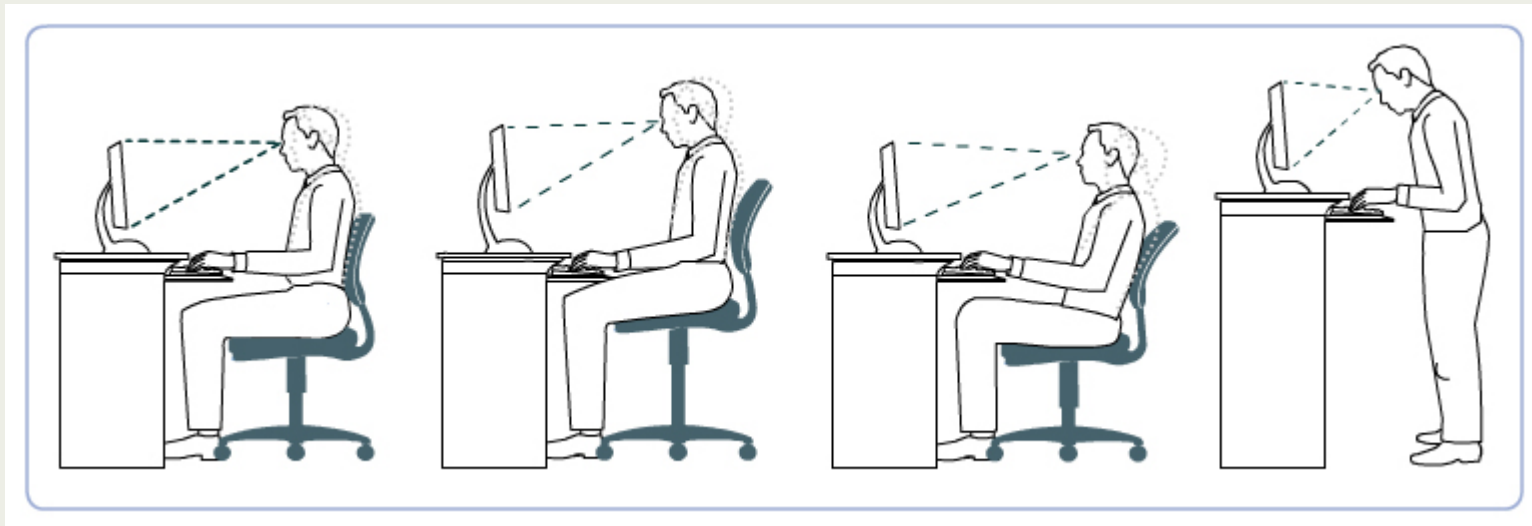
Move and Change Positions:

“Your best posture is your next posture”





Sitting Styles: Recommended Posture Changes



Upright

Thighs Declined

Reclined

Standing

**OSHA “Reference Postures”-
A few suggested Posture Changes for computer work.**

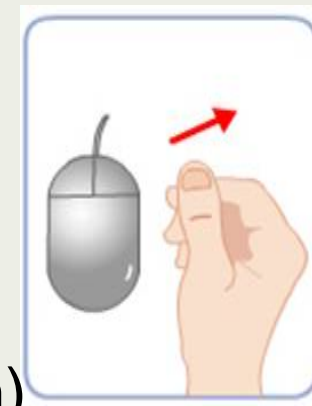
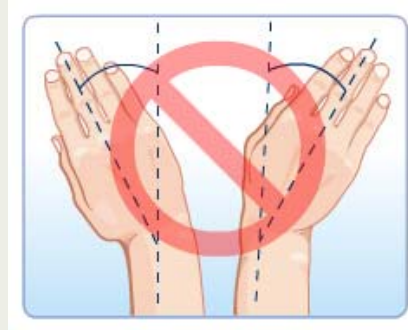
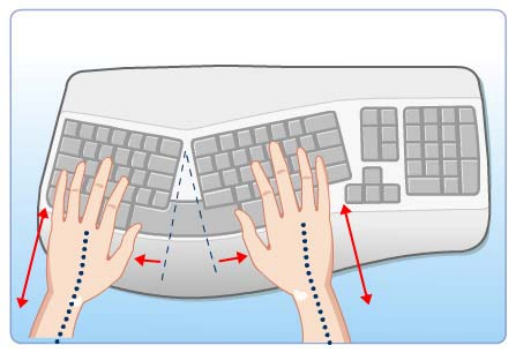


Common Computer & Equipment Problems:





Hand & Arm suggestions

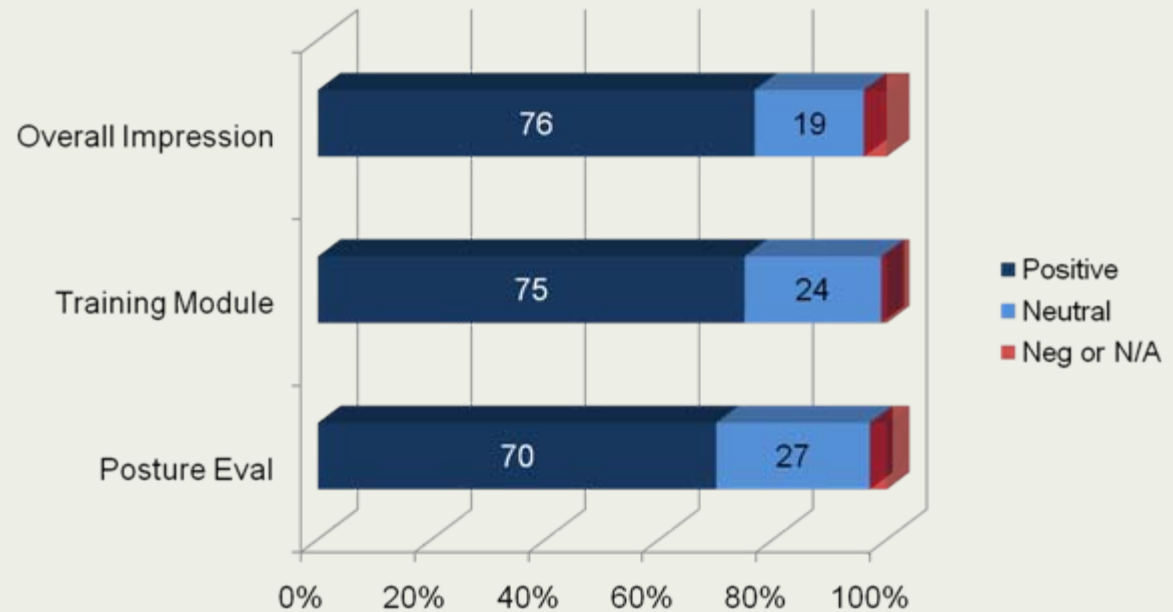


Less wrist bending (side to side or up/ down)
Relax the hand, release your grip



Proper Ergonomics Has Helped:
American Express: Cut Work Comp 80%
Hewlett Packard: Cut injuries by 50%
BAE Systems: 70% of users Improve Productivity

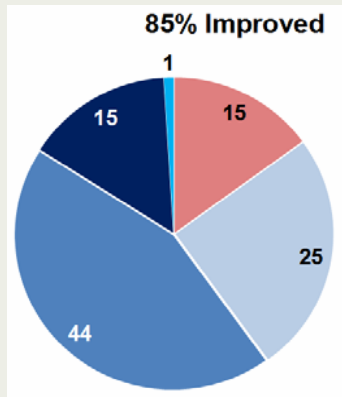
**User Feedback on
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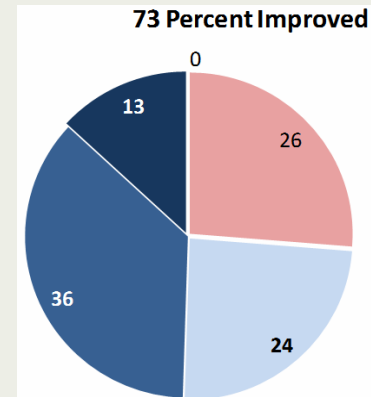


ErgoAdvocate Has Helped Our Participants: Proof that Ergonomic Training WORKS!

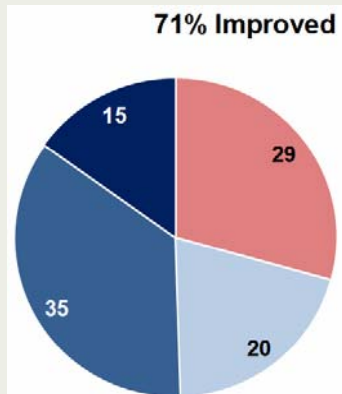
Comfort & Fit
at
Workstation



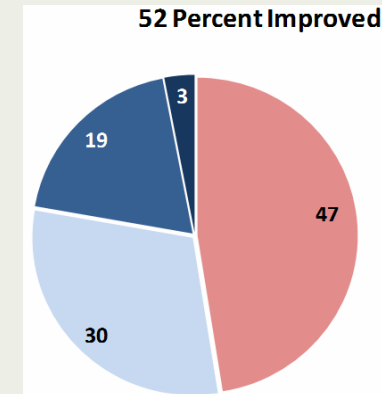
Need for Self-
care of
Discomfort



Personal
Productivity



Need
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