What is ergonomics?

Ergonomics is the scientific discipline concerned with the understanding of interactions among humans 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.

But, what does this really mean?
It means ...

designing work considering:

- what you do
- how you do it
- where you do it
- most importantly - You!
Discomfort & Injury

Potential risk factors:
- Excessive forces
- Contact stress
- Repetitive motion
- Awkward/static postures

Neutral Sitting Posture
Neutral Posture at Your Desk

Neutral postures when using the keyboard
Neutral postures when using the mouse

Workstation Design & Layout Considerations

- Tasks
- Handedness
- Work surface height
- Keyboard/mouse tray
- Phone
Office Evaluations

- EH&S has two employees who can conduct office ergonomic evaluations
- The supervisor should send an evaluation request to EH&S (me). We will process the request and prioritize based on medical need.
- Departments determine their own policies for evaluations and equipment.
- We can also receive requests from HR or DSO.
- Resources may be available for employees with a time loss workers’ compensation claim.

Frequency Asked Questions

- Is there money available for equipment?
  - No – unless there is a time loss workers’ compensation claim.
- What about yoga balls?
  - No.
- Can you evaluations for my whole office?
  - We would prefer to do a training for your office and then address individuals should they need more assistance.
- What about sit/stand desks?
Sit-to-Stand Workstations

What we know:

• Prolonged sitting is not good
• Prolonged standing is not good
• Postural variability is good
• There is conflicting evidence that sit-to-stand workstations reduces sitting time - unless there is a robust training program

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