



WORKSPACE ERGONOMICS

TOOLBOX TALK SERIES – GENERAL WORKPLACE SAFETY

June 2022

Probably one of the least recognized workplace hazards – Office Syndrome. Many of us have sat at a computer for a long period of time and began to feel uncomfortable.

Ergonomics attempts to address this through workplace design and stretches/breaks.

How to Recognize Workplace Ergonomic Issues?

Individuals in an office setting may experience the following:

- Dry, sore eyes from looking at computer screens
- Muscle and joint soreness, swelling and numbness.
- Tingling and discomfort in muscles and extremities.



How to Combat Workplace Ergonomics Issues

- Avoid stress on the body. Use a chair with good support. Sit up straight, feet flat on the floor, forearms parallel to the floor. Wrists straight.
- If you need corrective lenses, utilize the type that do not require tilting of the head.
- Minimize glare.
- Monitor height should be just below eye level and about arms length away from you while seated.
- Take frequent breaks and stretch.

IF YOU HAVE ANY QUESTIONS ABOUT YOUR WORKSPACE, DO NOT HESITATE TO CALL