

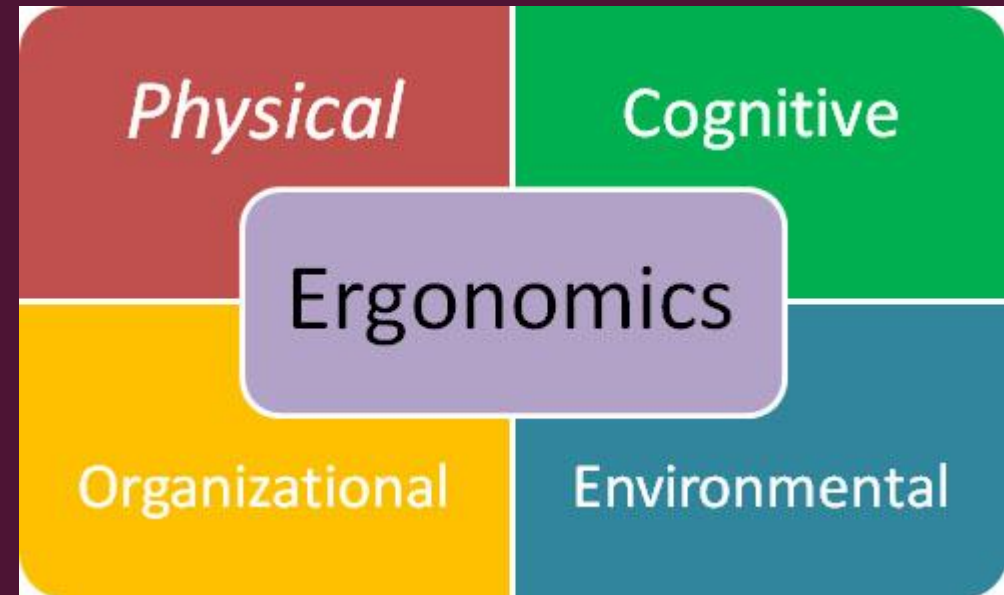
# ERGONOMICS

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BTT101



ERGONOMICS



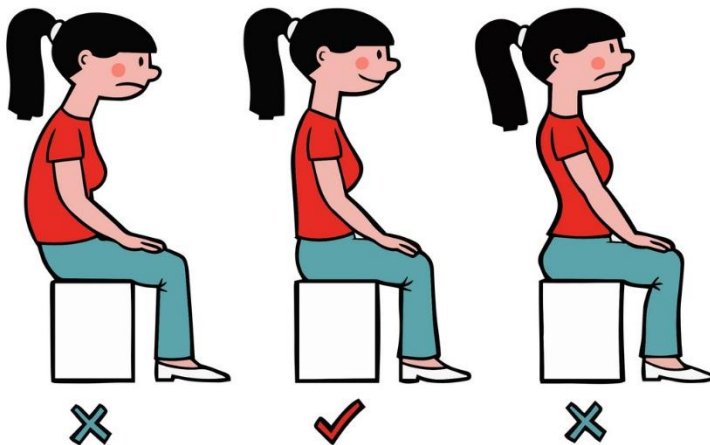
# ERGONOMIC ISSUE #1- CHAIR

- Having the correct chair is extremely important to ensure that you are comfortable throughout your working period. This enforces good posture and will help you stay focused on your work.
- A correct chair should look like this: have supported back and neck support, a comfortable seat with ability to move up and down, lumbar support, free moving floor castors and comfortable armrests.



# ERGONOMICS ISSUE #2- BODY POSTURE

- Posture is an enormous factor in order to maintain focus and relieve fatigue on your body's muscles and ligaments.
- Correct use of posture should include having your shoulders back, neck in line, eyes up and feet flat on the floor.



## BAD POSTURE VS GOOD POSTURE

**✗ HEALTH**  
Back pain, often caused by extended hours of poor posture, is becoming increasingly common because of the amount of time we spend hunched over smartphones and slouching in front of computers.

**♥ FEEL**  
Slouching not only makes you look tired, but it also makes you feel sluggish, fearful and self-conscious.

**🗣️ COMMUNICATION**  
Poor posture communicates to those around you that you may be bored, nervous, fearful or self-conscious.

**📷 APPEARANCE**  
Besides the obvious hunchback syndrome, slouching can make you look unhealthy, unattractive, and even a couple pounds heavier.

**✚ HEALTH**  
Practicing good posture engages your core, opens up your diaphragm to help you breathe better, and gives your organs the room they need to aid in digestion.

**♥ FEEL**  
Straightening up and maintaining good posture can actually help increase energy, productivity, and even reduce stress.

**🗣️ COMMUNICATION**  
Simply pulling your shoulders back, chin up and back straight communicates confidence, presence and openness and helps you own the room.

**📷 APPEARANCE**  
Holding yourself upright and in good posture can help you look younger, more vibrant, and attractive.

**Did You Know?**  
Posture is the number 1 reason for doctors visits and missed work-days after the common cold.  
A Lumo Lift a day could literally keep the doctors away!

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## WHAT IS GOOD POSTURE?

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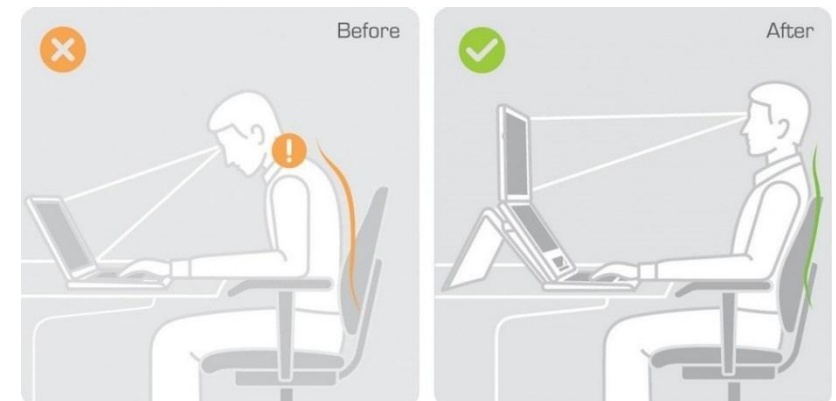
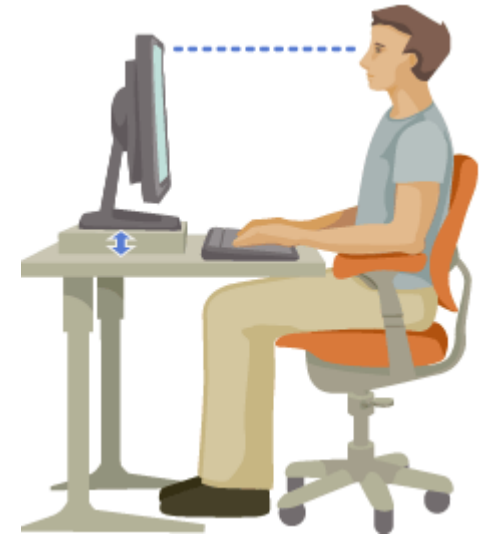
- Head upright and over your shoulders
- Eyes looking slight downward without bending from the neck
- Backrest should support the natural curve of the lower back
- Elbows bent at 90°, forearms horizontal
- Shoulders should be relaxed, not raised
- Thighs horizontal with a 90°-110° angle at the hip
- Feet supported and flat on the floor. If this isn't possible, then feet should be fully supported by a foot rest

Table height ≈ Elbow height

Wrist in a neutral (straight) posture

## ERGONOMIC ISSUE #3- MONITOR

- The way you look at the monitor screen affects more than just your eyes. It can lead to back and neck pain and potentially can lead to severe orthopedic problems in your future.
- The correct way to position a monitor, is to have the top of the screen in line with the top of your head. This will automatically make your posture straighter and reduce neck pain.
- If your computer screen is too low, lower your chair to make it a good height. If you are using a laptop, you can prop it up to make it higher.



# ERGONOMIC KEY WORD DEFINITIONS

- **Ergonomic-** relating to or designed for efficiency and comfort in the working environment.
- **Musculoskeletal Injuries-** Musculoskeletal Disorders or MSDs are injuries and disorders that affect the human body's movement or musculoskeletal system (i.e. muscles, tendons, ligaments, nerves, discs, blood vessels, etc.)
- **Eye Strain-** fatigue of the eyes, such as that caused by reading or looking at a computer screen for too long.
- **Workplace Hearing-** When the loud sounds of the workplace compromise hearing abilities.

# WORKPLACE EXAMPLES

- These workplaces use several ergonomic techniques to enhance their work experience, and make them overall more comfortable.

