

**Make your
work area
more
comfortable
and
productive**

**Ergonomics
at
Desk**

What is office Ergonomics?

Ergonomics is the science of designing the workplace, keeping in mind the capabilities and limitations of the worker.

Poor worksite design leads to fatigued, frustrated and hurting workers.

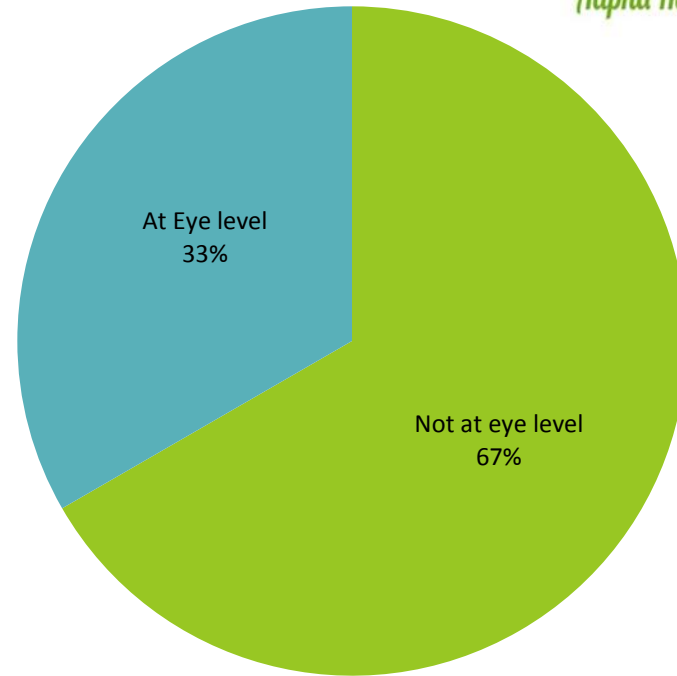
Why Ergonomics?

Ergonomics is not only for making the work better but also making it comfortable and efficient

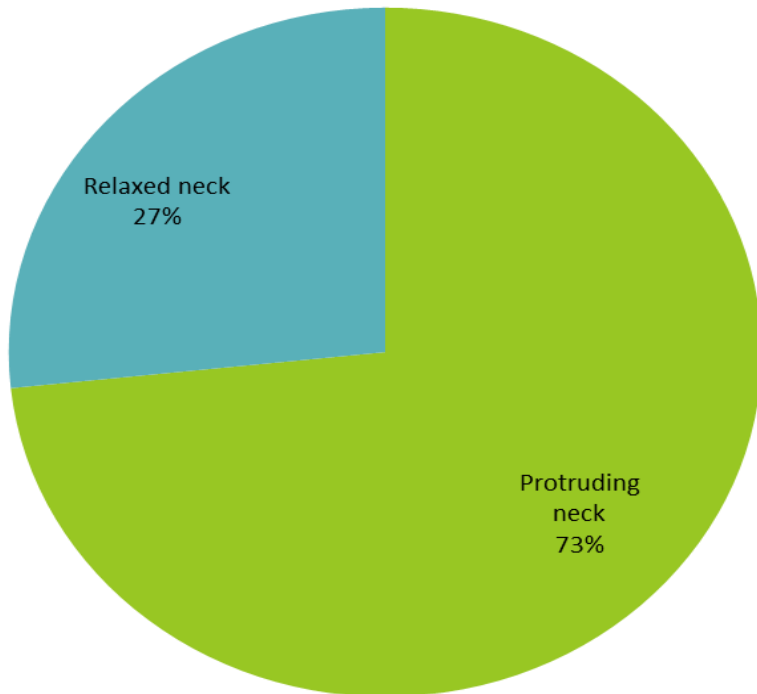


Observations

Is the top of your monitor's screen at eye level?

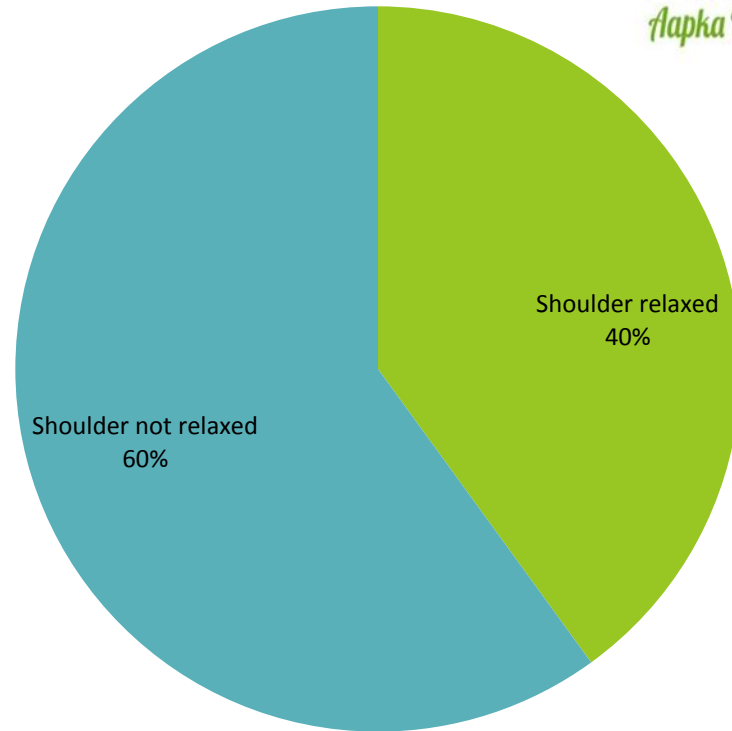


Is your Neck Protruding?

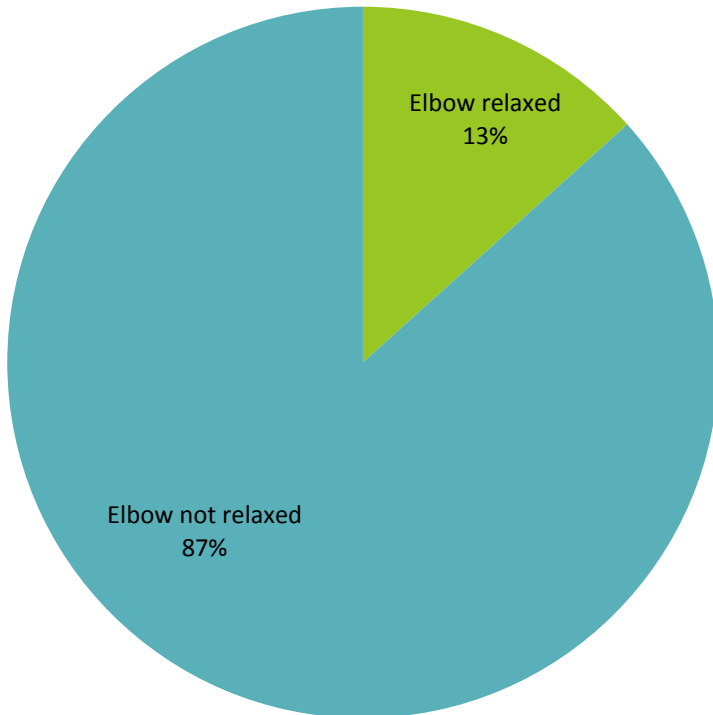


Observations

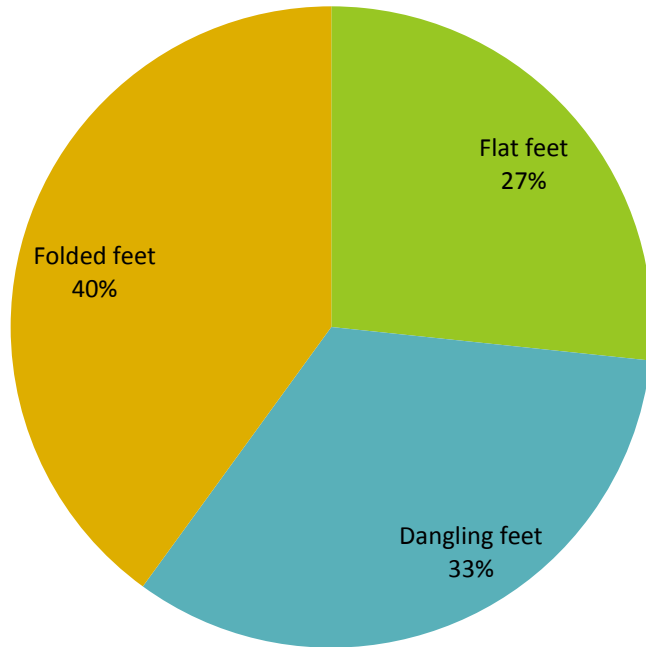
Are your shoulders relaxed when computing?



Are Elbow's relaxed?

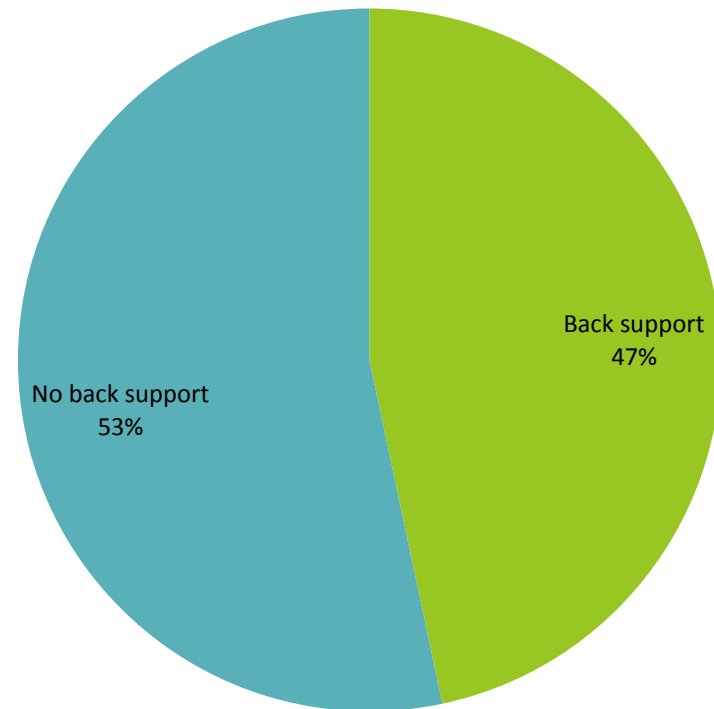


Observation

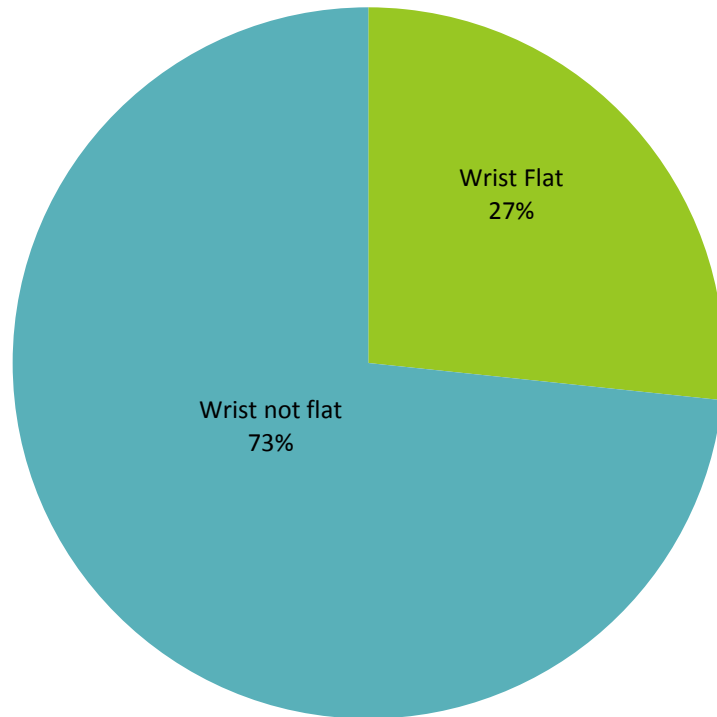


When seated, are your feet flat on the floor with your hips at a 90–120° angle?

Is your back Supported?



Observation

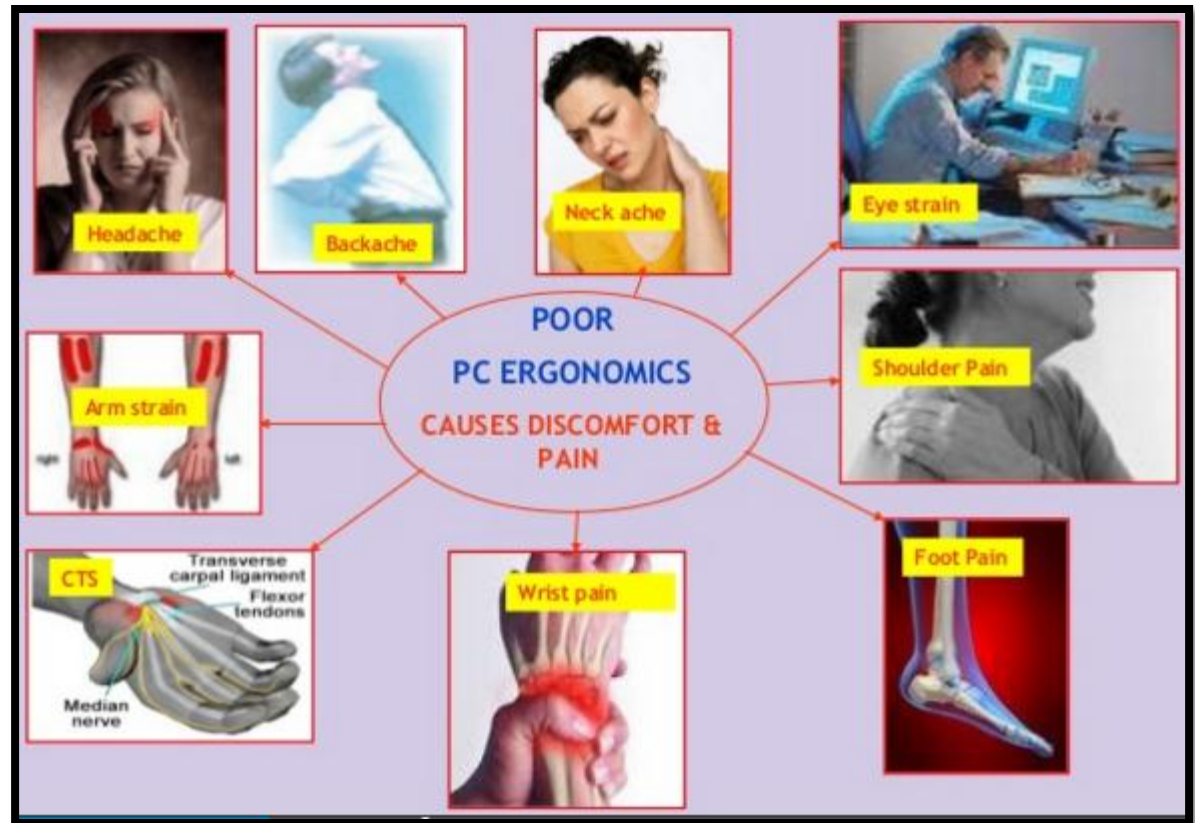


Do your wrists remain flat when typing?

Common Risks observed

Poor posture

- back pain
- head and neck discomfort
- shoulder, arm, hand and wrist discomfort
- leg and foot discomfort
- circulation problems
- headaches



Being effective

RIGHT! **WRONG!**

RIGHT! **WRONG!**

WRONG! **RIGHT!**

WRONG! **RIGHT!**

GOOD **NOT SO GOOD**

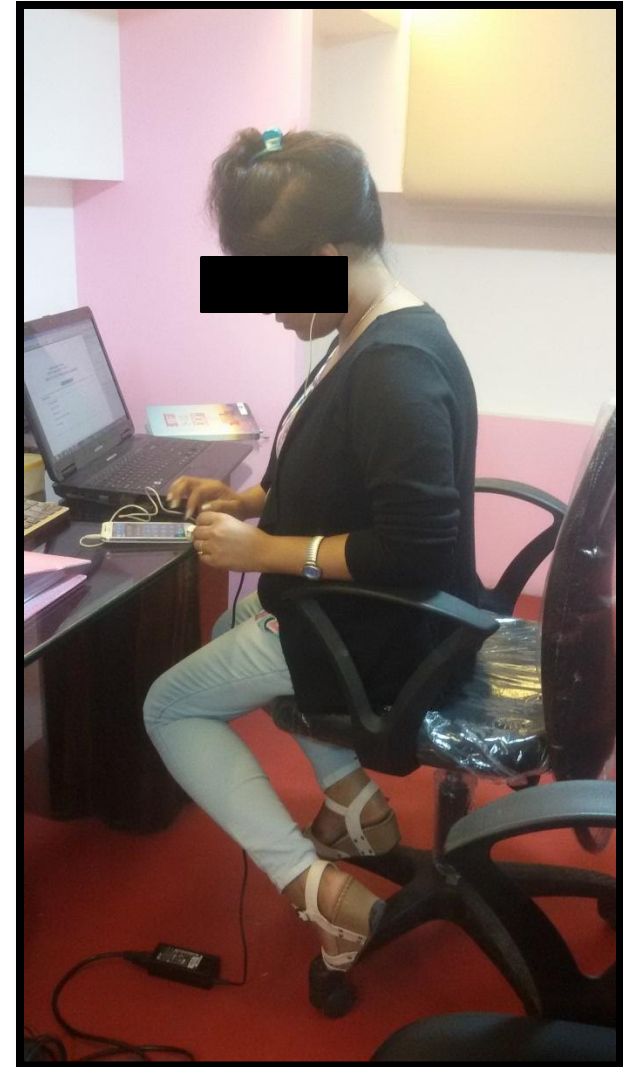
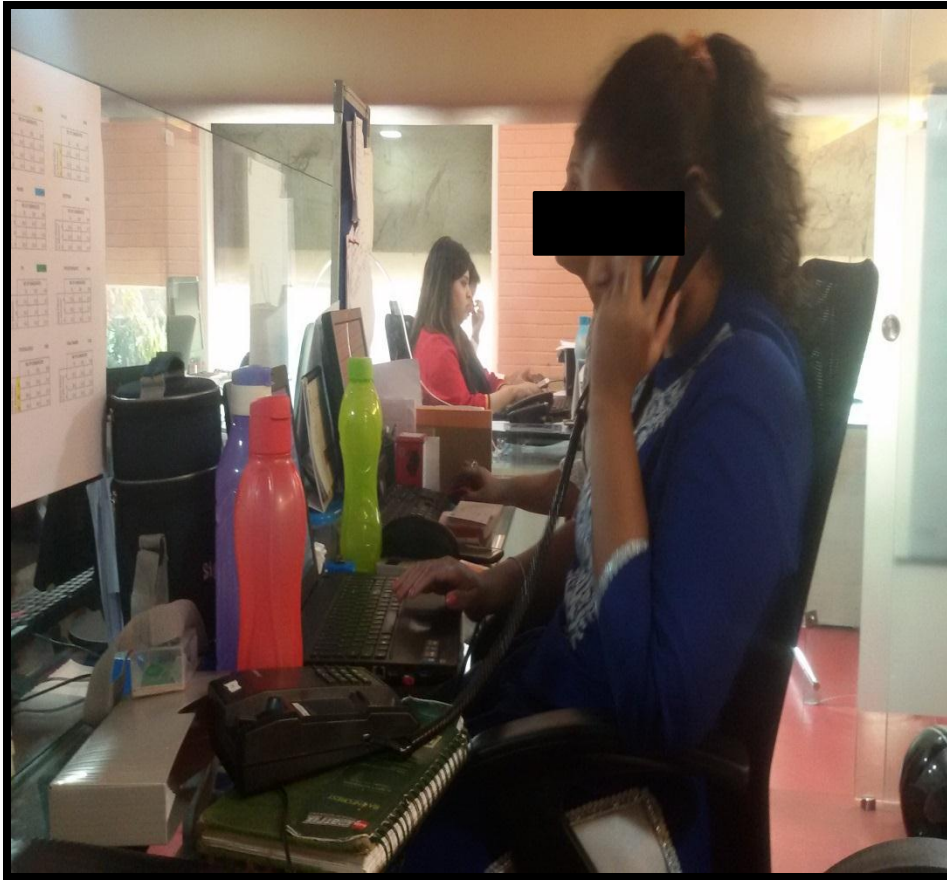
Ergo Reminder™ Avoid reaching out for the mouse or keyboard.

Ergo Reminder™ Keep your elbows close by your side.

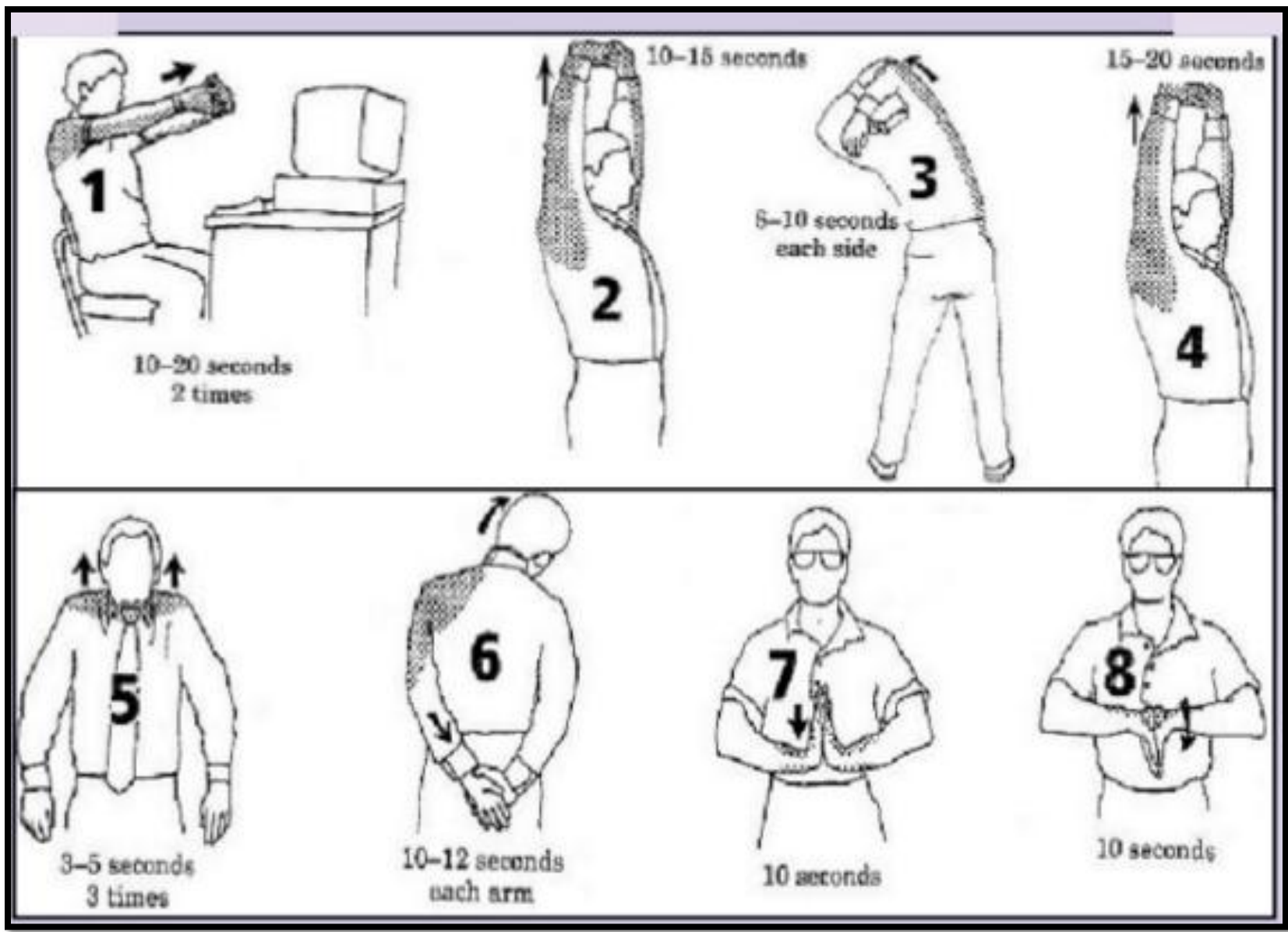
Ergo Reminder™ Keep your wrists comfortably straight.

The collage consists of several panels. The top-left panel shows two diagrams of hands on a keyboard. The first is labeled 'RIGHT!' and shows a neutral wrist position. The second is labeled 'WRONG!' and shows a bent wrist. The top-right panel shows two diagrams of a hand holding a mouse. The first is labeled 'WRONG!' and shows a bent wrist. The second is labeled 'RIGHT!' and shows a straight wrist. The middle-left panel shows two diagrams of a hand on a mouse. The first is labeled 'RIGHT!' and shows a straight wrist. The second is labeled 'WRONG!' and shows a bent wrist. The middle-right panel shows two diagrams of a hand on a mouse. The first is labeled 'WRONG!' and shows a bent wrist. The second is labeled 'RIGHT!' and shows a straight wrist. The bottom-left panel shows two photos of a person sitting at a desk. The first is labeled 'GOOD' and shows a person with a straight back and feet flat on the floor. The second is labeled 'NOT SO GOOD' and shows a person with a rounded back and feet on a footrest. The bottom-right panel contains three 'Ergo Reminder' cards. The first card shows two photos of a person reaching for a mouse, one with a red 'X' and one with a green checkmark. The second card shows a photo of a person with their elbow close to their side, with a green checkmark. The third card shows two photos of a hand holding a mouse, one with a green checkmark and one with a red 'X'.

Office Wellness: Plan your Work Space



Office Wellness



Office wellness: Stretch & Strengthened

Upper back stretch

Place hands behind your head and open your elbows to the side as far as you can.



Shoulder stretch

Stretch arm across front of body, cradle elbow with hand and gently pull elbow towards opposite shoulder. Avoid twisting.



Lower back stretch

Support lower back with hands and lean backwards while lifting chest. Relax and return to starting position.



Shoulder stretch

Stretch arm above head, cradle elbow with hand and gently pull elbow behind head.



Chest stretch

Grasp hands behind back, push chest out and push arms upwards and backwards.



Neck stretch (Pendulum)

Lean left ear towards your shoulder without moving your shoulder. Repeat with right.



Follow Ergonomics and be Happy at your Desk



Thank-you