

THE SCIENCE BACKING THE COMFORT

Your Workstation and You

Your workstations should be designed to suit the user, the type of work they do and the equipment they use.

It should have the following features:

- a flat smooth surface for the keyboard and mouse so they can be used on the same level
- space to position all the equipment so that posture or vision is not compromised when completing tasks
- a suitable height (e.g. 28" to 30" when measured from the top of the workstation to the floor for persons between 5'8" and 5'10"
- adequate clearance for legs under the desktop and sufficient space under the desk to comfortably stretch legs.
- adjust the monitor height so that the top of the screen is at—or slightly below—eye level.
- Position the monitor at least 20 inches (51 cm) from your eyes—about an arm's length distance.

The average office worker is more likely to develop musculoskeletal disorders due to the "stationary" component (sitting) of the job combined with some form of "repetitive activity" (typing/writing) etc.

Symptoms may start off mildly and increase in frequency and intensity in the neck, back, arms or hands.

- Muscle fatigue
- Aches or pain
- Loss of strength and endurance
- Redness or swelling of area
- Numbness or tingling sensations
- Dead butt syndrome
- Joint stiffness

Having a proper workstation setup coupled with frequent changes in position and a healthy lifestyle can assist in reducing the risk of musculoskeletal disorders.

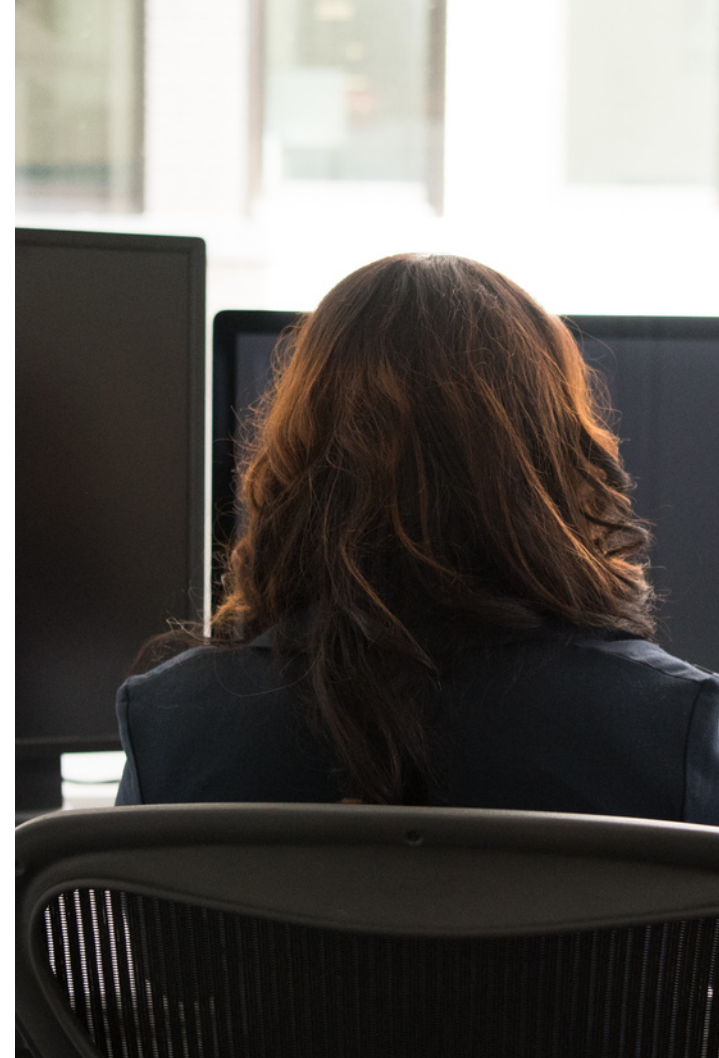


Fitness with Function in Mind

Reduce the risk of Musculoskeletal Disorders

Body Dynamics Wellness Centre

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HOW TO CHOOSE AN OFFICE CHAIR



THE CHAIR

There are many factors that influence the choice of which chair to use.

Ergonomic chairs can offer better head, neck, pelvic and lumbar support, but static positions over a long period of time can still create tension in the body, which may result in pain.

Too good or too bad a posture is not the problem, static positions are!

TO SUPPORT OR NOT TO SUPPORT

Additional lumbar support may be required depending on the curve of your back relative to the curve on the backrest.

Headrests are not usually common on office chairs. They come in handy for moments of relaxation, but make sure to test it out before buying.

CHAIR FITTING

The chair should FIT you!

The seat pan should

- be at least 1" or 3 cm wider on each side than you are.
- allow you to sit touching the back of the chair with a 1" or 3 cm gap behind your knee
- tilt downwards, allow for adjustment of up to 30 degrees

The backrest should

- end just above shoulder height.
- be able to recline between 110 - 135 degrees

The armrests should

- be adjustable to support the arm at the right height
- be the right width 1" or 3 cm to avoid sitting with arms out at an angle

The seat height should

- be adjustable, height ranges from about 16 to 21 inches off the floor should work for most people

The chair itself should have 5 casters and easily rotate so you can reach different areas of your desk without straining