

Ergonomics at UW

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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*.

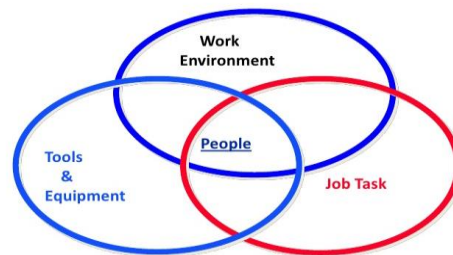
But, what does this really mean?

It means ...

designing work considering:

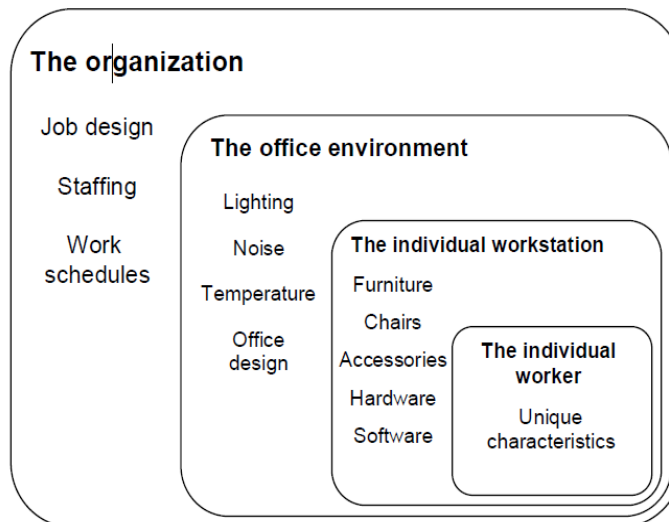
- what you do
- how you do it
- where you do it
- most importantly -
You!

What Ergonomics Involves



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Discomfort & Injury

Potential risk factors:

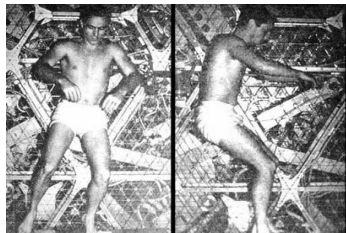
- Excessive forces
- Contact stress
- Repetitive motion
- **Awkward/static postures**



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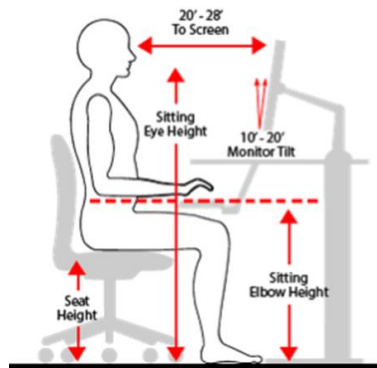
Neutral Sitting Posture



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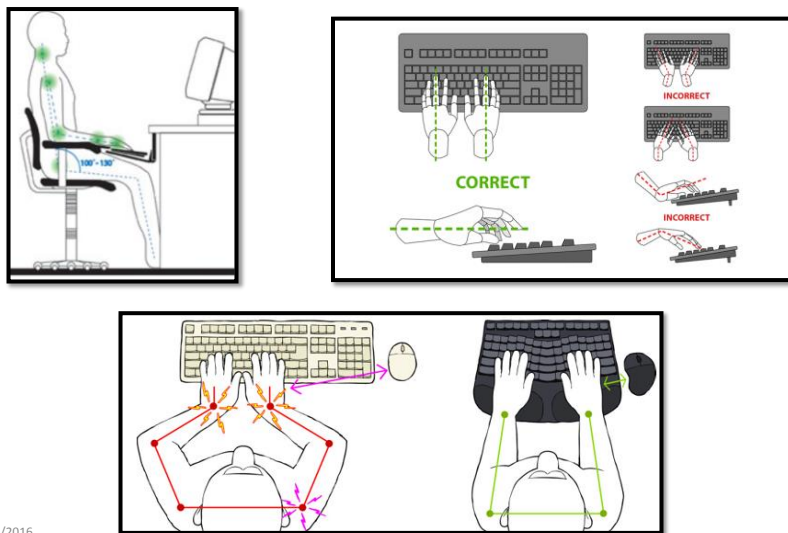
Neutral Posture at Your Desk



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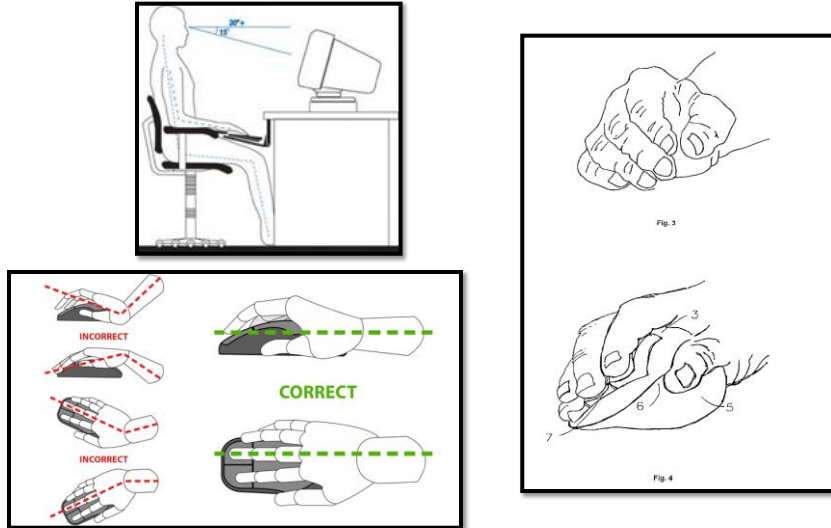
Neutral postures when using the keyboard



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Neutral postures when using the mouse



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Workstation Design & Layout Considerations

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



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Office Evaluations

- EH&S has two employees who can conduct office ergonomic evaluations
- The supervisor should send a evaluation request to EH&S (me). We will process 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

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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?

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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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