

Ergonomics

FOR STATE AGENCY AND PUBLIC UNIVERSITY OFFICE ERGONOMIC ASSESSORS

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saif.com

What does fishing have to do with ergonomics?

400 High St SE
 Salem, OR 97312
P: 800.285.8525
ergocert@saif.com

By [Brian Sornson](#), state agency operations supervisor

Many of you have heard the proverb “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” This is our philosophy as ergonomic assessors.

Simply correcting the immediately observed ergonomic issues alone can be likened to “giving a fish” but taking some additional steps to educate the person on how they can maintain those improvements is “teaching them to fish.”

With that in mind, here are two tips I think are of particular value as you help your co-workers achieve a more ergonomically correct and comfortable workstation for the long haul.

Self-assess now and later

As you know, SAIF’s [self-assessment worksheet](#) is a good tool to provide people whose workstations you evaluate, as it helps identify current ergonomic deficiencies. However, encourage them to keep this on hand after the evaluation so they can periodically revisit the same list of questions and maintain the improvements you have helped them make.



Get up and move!

This statement is becoming more commonly used in workplaces. You may recall learning how much stress continuous sitting places on the spine when you took the ergonomic assessor class. Minimizing sitting and static positions during the workday not only reduces fatigue and potential development of musculoskeletal injuries, it can lead to other health benefits as well. A personal trick I often employ is to switch my printer location to one located about 70 steps away from my workstation instead of the one 10 steps away. This allows me time to stretch and increase my blood flow, leading to more energy at the end of the day compared to those days when I remained planted in my chair.

Speaking of making a pitch for more movement, on September 9 the U.S. surgeon general issued an executive summary titled [“Step It Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities.”](#)



Upcoming Economics Assessor Trainings

Basic Ergo Assessor

November 18 | Salem
 January 13, 2016 | Salem
 March 23, 2016 | Salem
 May 25, 2016 | Salem

For locations and to register online, visit saif.com

Online Resources

[State of Oregon Office Ergonomic Consensus Guidelines](#)

[Oregon OSHA Ergonomics Publications](#)

[OSHA.gov Computer Workstations eTool](#)

[SAIF Corporation Safety Topics](#)

Ergo Assessor worksheet links

You can find the [PDF](#) version and the [Excel](#) version of the worksheet online.

Recent Ergo Assessor Graduates

Congratulations to the following employees who completed their required assessments for Office Ergonomic Assessor certification.

Martha Alvarez-Mendoza | DHS
 John Barbieri | DHS
 Geri Lane | DHS
 Lori Sailor | DHS
 Karina Silva | DHS

Delilah Calhoun | DOJ
 Cheryl Lashbrook | DOJ
 Kim Kohrt | Davis Wright Tremaine
 Donna Erickson | Employment
 Ashlee Baxter | Family Care, Inc.

Teri Gibeaut | ODOT
 Nita Goss | OMB
 Stella McGinty | OMB
 Cynthia Gregory | OPDS
 Megan Deardorff | OPSC