

# Ergonomics

FOR STATE AGENCY AND PUBLIC UNIVERSITY OFFICE ERGONOMIC ASSESSORS



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## What's morale got to do with ergonomics: making a difference

By [Laurie LaBrasseur](#), ARM, Senior Safety Management Consultant

As we begin 2016, let's review some basics. Ergonomics is the study of the interaction between human beings and their work, the tools they use, and the environment in which they function or work. We want to fit the job to the person rather than making the person fit the job.

When providing an assessment, we have a number of goals while evaluating employees' workstations. We want to:

- Reduce discomfort
- Reduce fatigue
- Prevent injuries
- Increase efficiency
- Increase morale

The increased morale that can come from providing an ergonomic assessment is perhaps the most important goal. It can increase morale because you are showing that you care about your employees' welfare.

It is crucial to remember that, as an assessor, you are likely to improve employees' comfort, reduce pain, and increase their efficiency with just small changes.

Even if you can't remedy all of the concerns that you identify, changing some aspects of their setup can be beneficial. This sends them home ready to enjoy time with their family and friends or to engage in activities that support their well-being.



If you've conducted assessments, employees may have sought you out to tell you how much better they feel. Knowing that we've made a positive difference in someone's life makes us feel pretty good too.

One of my favorite stories came from a young gentleman who worked in the same office as his mother and conducted her ergonomic assessment after attending our class. She was surprised and pleased that the simple changes he suggested could make such a difference in how she felt while performing her job duties. Plus, it never hurts to look good in mom's eyes.

If you have a story that you'd like to share about making a difference by conducting an assessment, please send it to us at [ergocert@saif.com](mailto:ergocert@saif.com).

### Upcoming Ergonomics Assessor Trainings

#### Basic Ergo Assessor

March 23, 2016 | Salem

May 25, 2016 | Salem

For locations and to register online, visit [saif.com](http://saif.com)

### Online Resources

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

[Oregon OSHA Ergonomics Publications](#)

[OSHA.gov Computer Workstations eTool](#)

[SAIF Corporation Safety Topics](#)

## Recent Ergo Assessor Graduates

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

Serah Freeman | DHS

Rebecca Gray | DAS

Barbara Schooler | DHS