

Ergonomics

FOR STATE AGENCY AND PUBLIC UNIVERSITY OFFICE ERGONOMIC ASSESSORS

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saif.com

Office Ergonomics Consensus Guidelines Updated

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By [Brian Sornson](#), State Agency operations supervisor

For more than a year, a team led by DAS risk management, which includes representatives from state agencies and SAIF, has been collaborating to update State of Oregon's Ergonomics Consensus Guidelines. These guidelines were originally developed and posted in 1999. Since then, we have seen major changes in office environments and the types of office equipment used. For example, we now have sit-stand arrangements, chairs that offer greater adjustability, and new forms of technology, such as tablets.

The team sees this update as a work in progress, but wanted to roll out the first phase of its work, which focuses on increasing the amount of information managers and employees can use to ensure their office environment is functional and ergonomically sound.

A major component of this initial roll out will be the Ergonomics Toolkit for Supervisors and Ergonomic Assessors, which provides guidance and resources, as well as self-help information to share with employees. Some highlights of this toolkit include:

- **A PowerPoint self-fit presentation** that helps walk state agency employees through setting up their own workstations in an ergonomically appropriate manner.
- **Ergonomic chair and self-fit resources**, including links to adjustment demonstration videos for most of the chair manufacturers who supply the State of Oregon.
- **Links to the price agreements** with manufacturers and vendors to help ensure agencies are purchasing ergonomically correct equipment at the best price.

Going forward, the team will look at ways to enhance the information and resources on proper ergonomics available to all State of Oregon employees. You can find a link to the Consensus Guidelines page at DAS in the column to the right.

Assessors may send evaluations and general comments or questions to ergocert@saif.com.

Upcoming Economics Assessor Trainings

Basic Ergo Assessor
 September 23 | Salem
 November 18 | Salem

Ergonomics Beyond the Office
 October 13 | Salem

For locations and to register online, visit saif.com

Online Resources

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

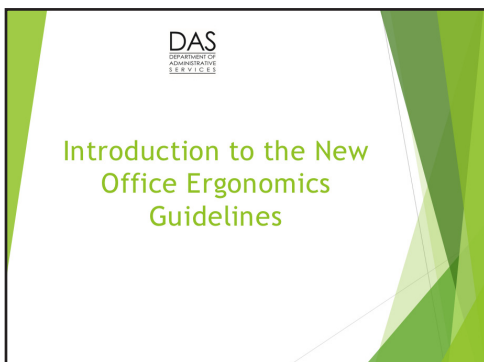
[Oregon OSHA Ergonomics Publications](#)

[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.

April Brenden-Locke | DCBS
 Michael Scott | DEQ
 Angela Ward | DHS
 Elisa Bolanos | DHS
 Chelsey Herrmann | DHS
 Michele James | DHS

Brenda Johnson | DHS
 MiKayla Marcott | DHS
 Heather Walker | DHS
 Haley Gleason | DHS
 Steve Wesman | DHS
 Michele Blackwell | DHS

Nena Cobb | DOJ
 Richard Colby | DOJ
 Benjamin Swanson | DOJ
 Alan Salter | DOR
 Diana Kalkreuter | ODOT
 Jason Van Dorp | ODOT
 Erika Zuelke | ODOT

Shirley Wait | ODOT
 Aaron Todd | OHSU
 Doug Nguyen | OYA
 Keri Bishop | PSU
 Ana Stenger | SAIF
 Nicole Judkins | South Coast Hospice