

Ergonomics

FOR STATE AGENCY AND PUBLIC UNIVERSITY OFFICE ERGONOMIC ASSESSORS

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Taking your work home... teleworking and you

By [Patti Fitzmaurice](#), Return-to-work consultant, state agency team

If you are fortunate enough to have the option to work from home, you want to make sure that your home office is set up as close to your work office as possible if that setting already meets good ergonomic standards.

The chair used in your home office should be ergonomically sound. Ideally, it would be an ergonomic chair that is fully adjustable. However, if it is not, you will need to make sure the chair gives you the much-needed lumbar support. If it does not, try using a pillow behind your back, adjusting it so it's between the curve of your spine and the chair's back rest.

Make sure your monitors are at arm's length and you can view them at the correct height. If you have to adjust your monitor height and decide not to buy monitor risers, try using books, reams of paper, or anything sturdy



so they will stay in place. Avoid glare and, if needed, adjust the monitor slightly up or down to assist in warding off the glare. Keep in mind that the goal is to maintain your head in an upright position and your gaze to about midscreen. Task lighting, such as a little desk lamp with a blue bulb, tends to help if you have an odd lighting arrangement in the room.

Make sure you take breaks to get up and move. When working from home, you may tend to lose track of time and not take a scheduled break or lunch. Set aside opportunities to get up, walk, stretch, and spend some moments away from your computer screen.

Your good ergonomic practices in the workplace should always carry over into everyday life, especially if you work from home. And always keep in mind: The next position is the best position.

Ergo resources

Check out our (sort of) viral rap video about office ergonomics, "Go, Ergo," www.saif.com/safetyandhealth/topics/prevent-injuries/ergonomics.htm plus the short segments on setting up your chair, monitor, etc.

Need more help? There's a good chance we have the info you need on the Ergonomics page on saif.com. Use the same link as the "Go Ergo" link above.

Upcoming Ergonomics Assessor Trainings

Basic Ergo Assessor

June 15, 2016 | LaGrande

July 20, 2016 | Salem

September 21, 2016 | Salem

November 16, 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

www.saif.com/Documents/Employer/trainings/S960_Ergo_Assessment_ff.pdf

Recent Ergo Assessor Graduates

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

Linda Swyers | OHA
Britney Gray | ODOT

Annie Harper | ODOT
Pamela Larsen | DAS