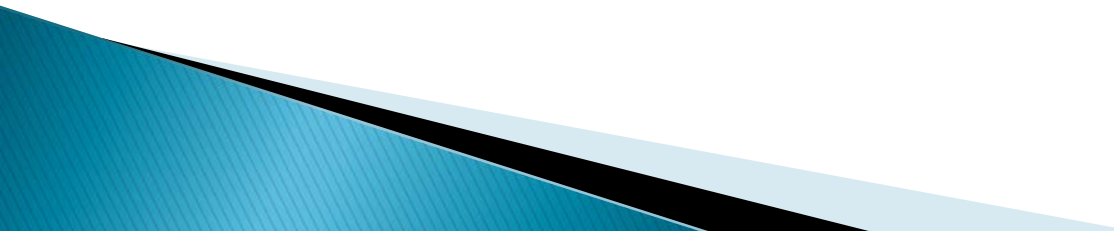


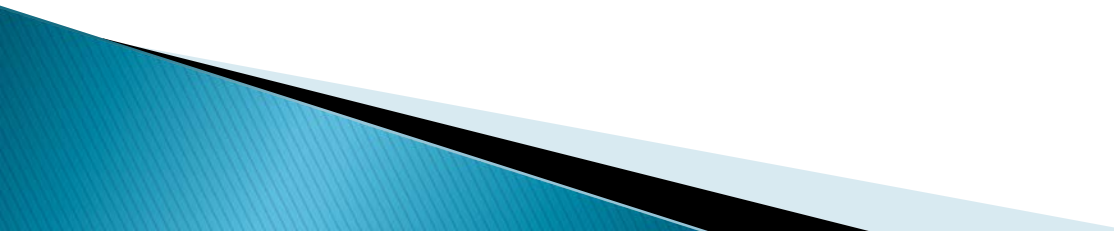
# Sit Up!

Office Ergonomics Made Easy  
Marc Wyckoff, PT, Cert. MDT, CEAS I  
Illinois Work Injury Resource Center

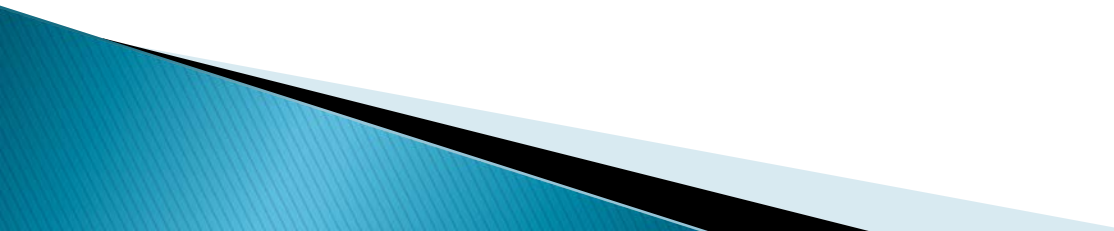
Illinois Work Injury Resource Center  
736 SW Washington  
Suite 2A  
Peoria, IL 61614  
Phone: 309.497.0300  
Fax: 309.497.0922



# Office Ergonomics

- ▶ Ergonomics is not a one-size-fits-all proposition.
  - ▶ There is no “average” person.
  - ▶ We exist in all shapes, sizes, and abilities.
  - ▶ Workers engage with their environments individually.
  - ▶ However, everyone can improve their exposure to ergonomic risk.
- 

# Office Ergonomics

- ▶ Ergonomic hazards
    - Vibration
    - Awkward postures
    - Repetitive tasks
    - Material handling levels
    - Excessive forces
  
  - ▶ Typical office ergonomic hazards
    - Awkward postures
- 

# Office Ergonomics

- ▶ Common medical diagnoses related to office ergonomic hazards
  - Low back pain
  - Carpal tunnel syndrome
  - Cubital tunnel syndrome
  - Neck pain
  - Headache
  - Eye strain
- ▶ Common factor among all of these: **POSTURE**

# Office Ergonomics

- ▶ Areas of postural concern
  - Seating choices
  - Sitting positions– 90 degree rule of thumb
  - Monitor placements
  - Keyboard placements
  - Mouse placements
  - Sitting posture
- ▶ Goal: Reduce the effects of sustained and repeated flexion, especially of the spine

# Office Ergonomics

- ▶ Activities to counteract the effects of poor posture
  - Lumbar Extension

# Office Ergonomics

- ▶ Activities to counteract the effects of poor posture (cont.)
  - Sitting neck extension
  - Practice good posture
  - Get up and move!



# Office Ergonomics

▶ Questions?

Thank you!

Marc Wyckoff, PT, Cert. MDT, CEAS I  
[m.wyckoff@iwirc.biz](mailto:m.wyckoff@iwirc.biz)