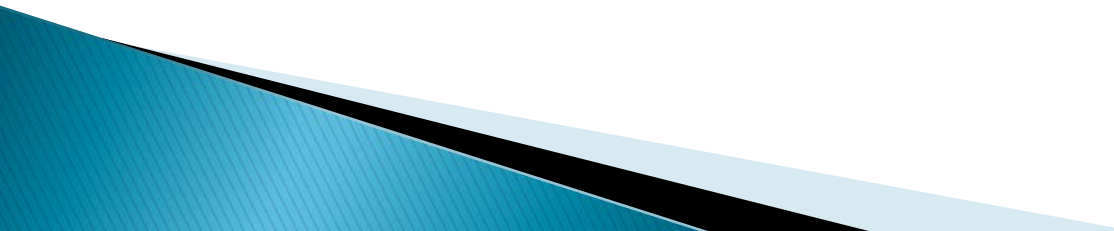


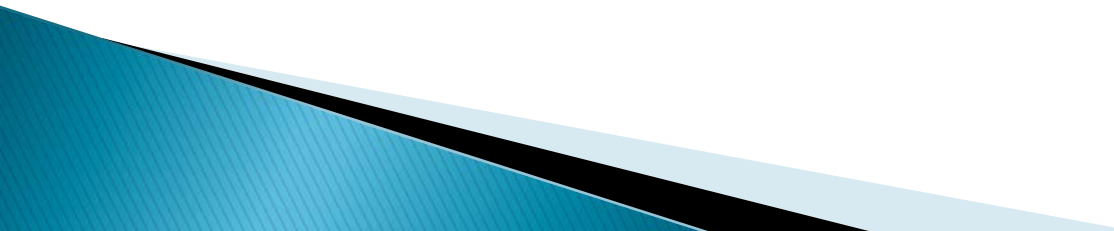
Sit Up!

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

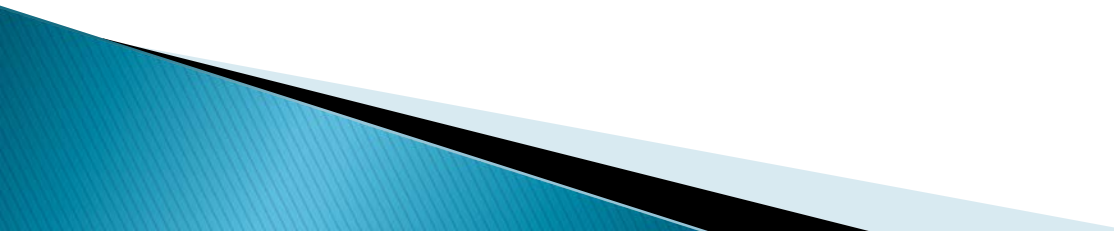


Office Ergonomics

- ▶ 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