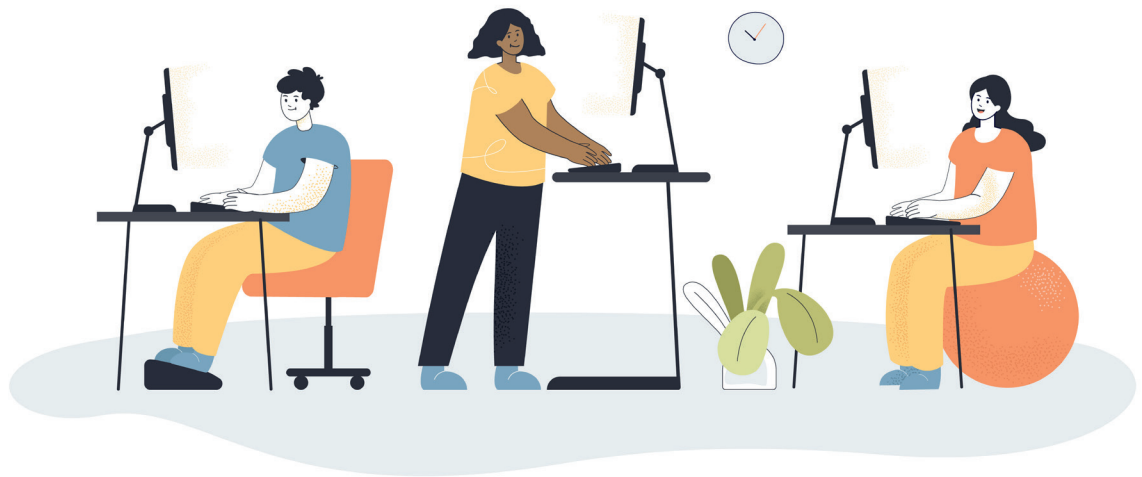




Ergonomic Workplace |

The Essential Guide To A **Healthy Work Environment**

Introduction

Many of us spend a significant portion of our day sitting in front of a computer. As the modern workplace continues to evolve, the importance of office ergonomics becomes increasingly evident.

Poorly designed workstations and repetitive tasks can lead to a wide range of health issues, such as back pain, neck strain, eye strain, carpal tunnel syndrome, and fatigue. These problems not only impact the individual's quality of life, but also result in increased absenteeism, decreased productivity, and higher healthcare costs for employers.

Fortunately, implementing office ergonomics can help alleviate these issues and create a more conducive work environment.

What is Office Ergonomics?

Office ergonomics is the science of designing and arranging the work environment to fit the needs of the human body, optimizing both comfort and productivity. It involves creating an ergonomic workspace that promotes proper posture, reduces the risk of musculoskeletal injuries, and enhance overall well-being.



Creating an ergonomic office

When implementing office ergonomics, it is important to first evaluate the workstations and highlight potential hazards.

Ergonomic office equipment make a workspace significantly more comfortable. It can help alleviate work-related pain and create a safe, healthy and productive work environment.

We'll show you what items to focus on to create the ultimate ergonomic office space.

1. Dual Screen Set-up



Two monitors offer larger screen space. With more space for programs and windows next to each other, you can work more efficiently. Use them correctly to avoid developing back pain.

Use a **dual monitor arm** to provide a pleasant work posture and excellent eye relief.

Our guidelines for setting up multiple screens:

1. **Line up the displays:** the screens should ideally be the same make and model. Adjust each monitor's stand so they line up perfectly.
2. **50/50 use:** if you use both screens equally, position them at an arm's length away, side by side in a slight V shape with your eyeline in the middle.
3. **80/20 use:** if you use one screen significantly more, place your main screen directly in front of you and the other on the side of your dominant eye.
4. Orient your chair, keyboard and mouse to your main screen to prevent strain injuries.

2. Office Chair



Ergonomic office chairs are essential components of a comfortable and productive workspace.

The human body isn't designed for prolonged sitting. A fixed posture in front of a computer induces muscle tension, limits joint flexibility, and eventually results in discomfort.

One of the key features of ergonomic chairs is their adjustability, which ensures that individuals of varying body types can find the perfect fit, promoting proper alignment and reducing strain on the neck, back, and shoulders.

Ergonomic chair features

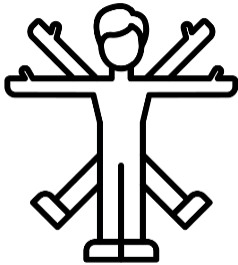
1. Adjustable seat height: the optimal seat height should allow you to place your feet flat on the floor.
2. Seat tilt: it's important to keep the pelvis in a neutral position when sitting.
3. Lumbar support: to maintain the natural 'S' shape of the spine, which prevents slumping and reduces stress on the spine and the pelvis.
4. Adjustable backrest: to reduce the pressure on your spinal disks and muscles.
5. Adjustable armrests: to reduce tension in the upper body and allow the shoulders to relax.
6. Adjustable seat depth: proper seat depth should leave between 2 and 4 inches between the edge of the seat and the back of your knees.



Flokk Capisco chair



3. Sit-Stand Workstations



Sit-stand workstations provide individuals with the flexibility to easily switch between a sitting and standing position while working.

Alternating between sitting and standing throughout the day can alleviate the negative effects of prolonged sitting, such as muscle stiffness, reduced blood circulation, and increased risk of certain health issues. Sit-stand workstations contribute to improved physical comfort and a potentially reduced risk of musculoskeletal problems.



Benefits of Active Sitting

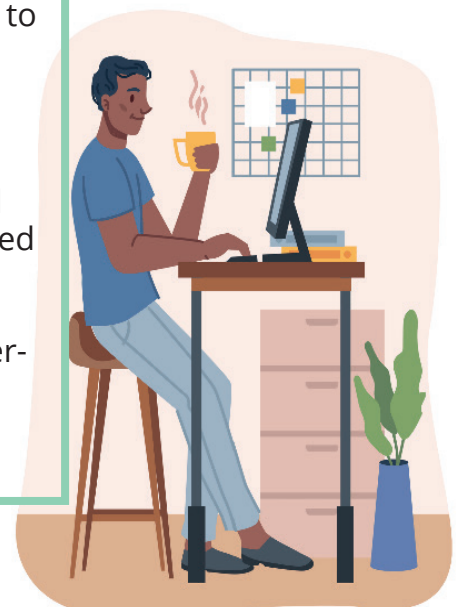
- Increased core strength
- Encourages constant moving
- Improved posture
- Burn calories
- Less prone to back pain
- Improved concentration and circulation

Active Sitting

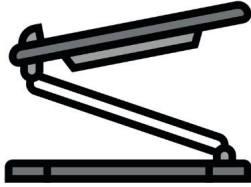
Active sitting is a dynamic and health-conscious approach to the sedentary act of sitting.

The concept behind active sitting is simple: by incorporating gentle movements, such as switching between sitting and standing, adjusting your posture, or performing small exercises, you can prevent the negative effects of prolonged immobility.

Embracing active sitting can have a positive impact on overall well-being. As with any ergonomic adjustment, finding the right balance and listening to your body's cues are essential for making the most of active sitting.



4. Laptop Stand



Laptop stands have become indispensable accessories for modern professionals. These cleverly designed platforms elevate the laptop to a more ergonomic and comfortable viewing height, helping to alleviate neck and back strain caused by prolonged hunching over screens.

Laptop stands come in various shapes, sizes, and materials, catering to different preferences and needs. Beyond ergonomic benefits, laptop stands also contribute to improved airflow around the laptop, aiding in efficient heat dissipation and preventing potential overheating issues.

Set-up

Elevate your laptop to align directly with your line of sight, maintaining a distance of about an arm's length. This arrangement helps avoid unnecessary pressure on your neck and shoulders, promoting a more comfortable and strain-free experience.

Whether you're working at a desk, in a coffee shop, or from the comfort of your own couch, a laptop stand can transform your setup into a more efficient and comfortable workspace.

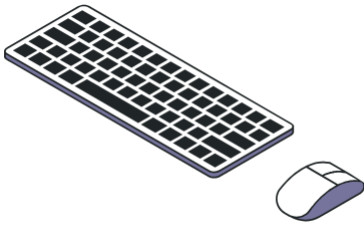


Benefits of using a laptop stand

- **Ergonomic comfort:** promotes better posture and minimizes discomfort during prolonged usage.
- **Improved airflow:** this is particularly beneficial for maintaining optimal laptop functioning.
- **Enhanced productivity:** this setup encourages a focused and organized workspace, contributing to higher productivity levels.
- **Space optimization:** free up valuable desk space by elevating your laptop off the surface.
- **Dual monitor setup:** when paired with an external monitor, the expanded screen real estate is beneficial for multitasking and working with multiple apps simultaneously.



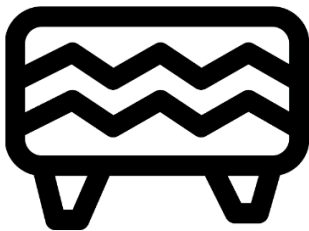
5. Mouse & Keyboard



An **ergonomic mouse** is an intuitive solution designed to enhance comfort and efficiency during computer use. Unlike traditional mice, which often force the hand into awkward angles, an ergonomic mouse is crafted with a focus on natural hand positions and reduced strain.

An **external keyboard**, as opposed to a built-in keyboard, can be adjusted to suit individual preferences, enabling users to find a comfortable hand position and wrist angle that minimizes strain and promotes healthier typing habits.

6. Footrest



Sitting for extended periods can lead to discomfort, fatigue, and potential health issues. **Ergonomic footrests** offer a solution by promoting proper posture and circulation. By supporting the feet at a comfortable angle, they help reduce pressure on the lower back, alleviate strain on the legs, and encourage better blood flow.

Footrests are highly customizable, often featuring adjustable height and tilt settings to cater to individual preferences. This ensures that users can finetune the footrests to match their unique sitting arrangements.

Did you know? Traditionally, the office environment is designed to fit male standards. Knee pain is significantly more prevalent in women compared to men - something which a footrest can help prevent!



7. Wrist Rest



Wrist rests, often overlooked but highly practical ergonomic accessories, play a crucial role in enhancing comfort and minimizing strain during extended periods of computer use. These effective tools are designed to provide support to the wrists and forearms while typing or using a mouse.

Crafted from various materials such as gel, memory foam, or soft fabric, wrist rests are engineered to distribute pressure evenly across the wrist area. By promoting a natural alignment of the wrists, they can help alleviate the stress on tendons and nerves that can result from prolonged typing or clicking.

A wrist rest can help you avoid following injuries:

- **Carpal Tunnel Syndrome:** if you're experiencing pain or numbness in your wrist and hands on a regular basis, you may be struggling with carpal tunnel syndrome.
- **Wrist Tendinitis:** inflammation of the tendons that connect the wrist to the hand, causing pain in the wrist and hand.
- **Wrist Strain:** these injuries occur when the ligaments or tendons in the wrist are stretched or torn, causing wrist pain.
- **Wrist Fracture:** a break in one or more of the bones in the wrist.



Contact

Ready to experience the benefits of an ergonomic office?

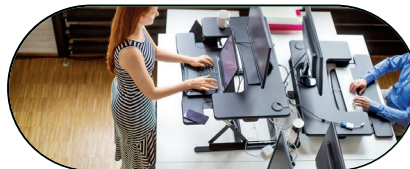
Get in touch with our expert team to discuss your needs, explore our product range, and take the first step toward a healthier, more productive work life. Your comfort and well-being are our top priorities, and we're here to help you achieve the ultimate ergonomic office experience.

Tel. +32 3 248 82 24

E-mail: sales@discorp.be

In summary - Checklist

ERGONOMIC WORKSTATION CHECKLIST



SCREEN

- ☐ Place the monitor in a location that eliminates glare on the screen
- ☐ Place the monitor at a right angle or away from the windows and task lights
- ☐ Place the top line of the screen at or slightly below eye level
- ☐ Place the monitor at least an arm's length away from you

CHAIR

- ☐ Adjustable Seat Height
- ☐ Adjustable Arms Support
- ☐ Seat Depth Adjustment
- ☐ Backrest Angle Adjustment
- ☐ Backrest Height Adjustment
- ☐ Adjustable Lumbar Support
- ☐ Neck Support

KEYBOARD

- ☐ External keyboard
- ☐ Wrist support
- ☐ Elbows are bent at around 90°

MOUSE

- ☐ Fits comfortably in hand
- ☐ Positioned close to you
- ☐ Supports neutral wrist position

NOTES

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