

OFFICE ERGONOMICS: CASE STUDY

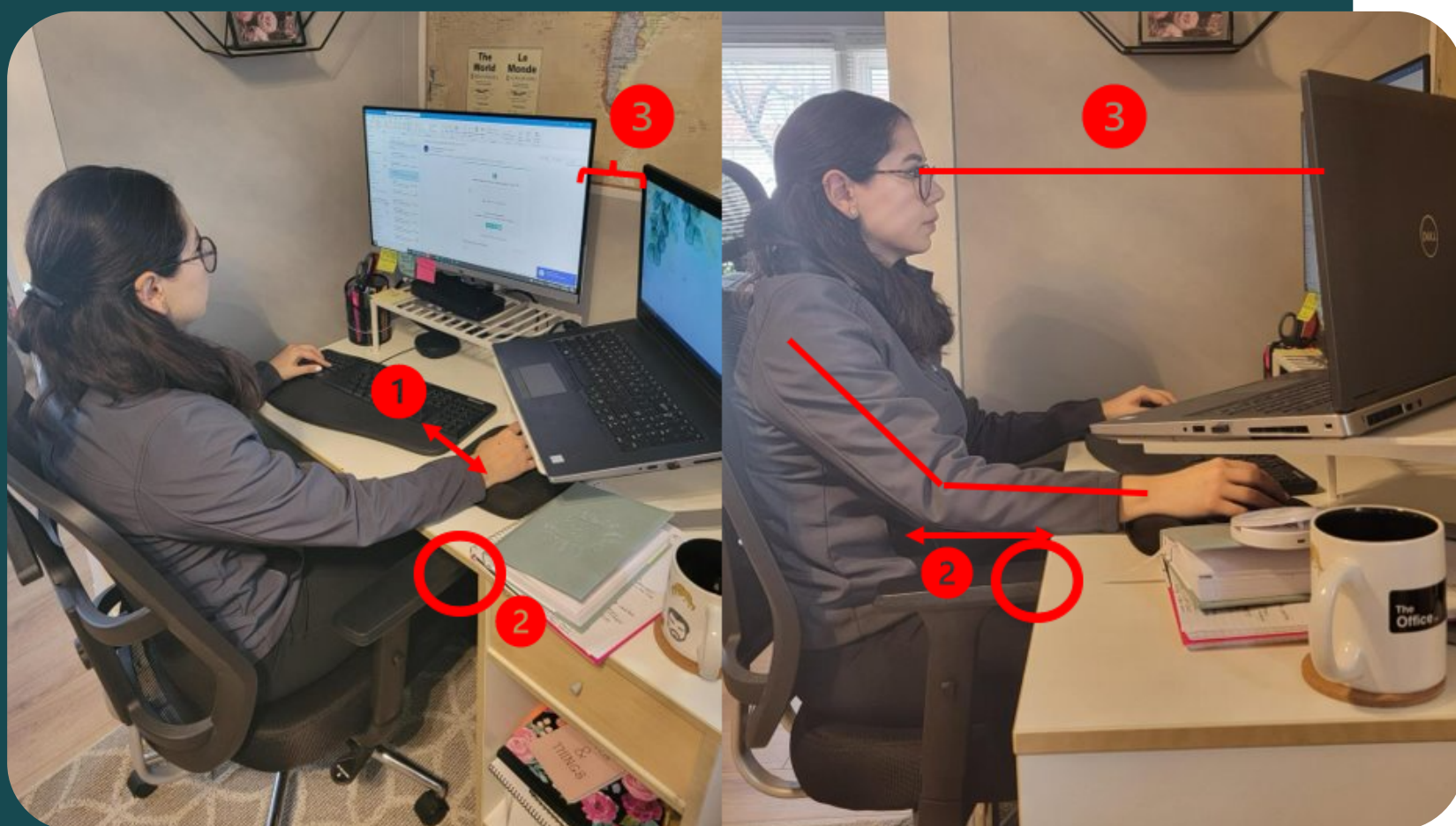
Implementing accessories that fit the worker

Discomforts

The individual was experiencing discomfort in her right shoulder, forearm and wrist.

Observations

- 1) The length of her current keyboard was too long and causing her to reach to the side while mousing.
- 2) The desk was a few inches too high for the employee at her current seated height. Because of the size and lack of adjustability of the armrests, she also cannot move in close enough to her desk. This causes her to reach forward while typing and mousing.
- 3) Both the monitor and laptop screens were positioned too high. Their centering was not optimal and was causing the employee to rotate her neck to right while referencing her screen.



BEFORE ASSESSMENT

Recommendations

- 1) Implement a smaller, more compact split keyboard that does not have a number pad. This will decrease the length of the keyboard and allow the employee to mouse closer to the body.
- 2) Remove the chair arms, elevate the chair height, and move the chair in closer to the desk to reduce forward, unsupported reaching.
- 3) Lower the height of the monitor and laptop so that the screens are positioned at or just below desk height. Due to the percentage of use of each screen, it was recommended that both screens be centered in the employee's view.



AFTER IMPLEMENTING RECOMMENDATIONS



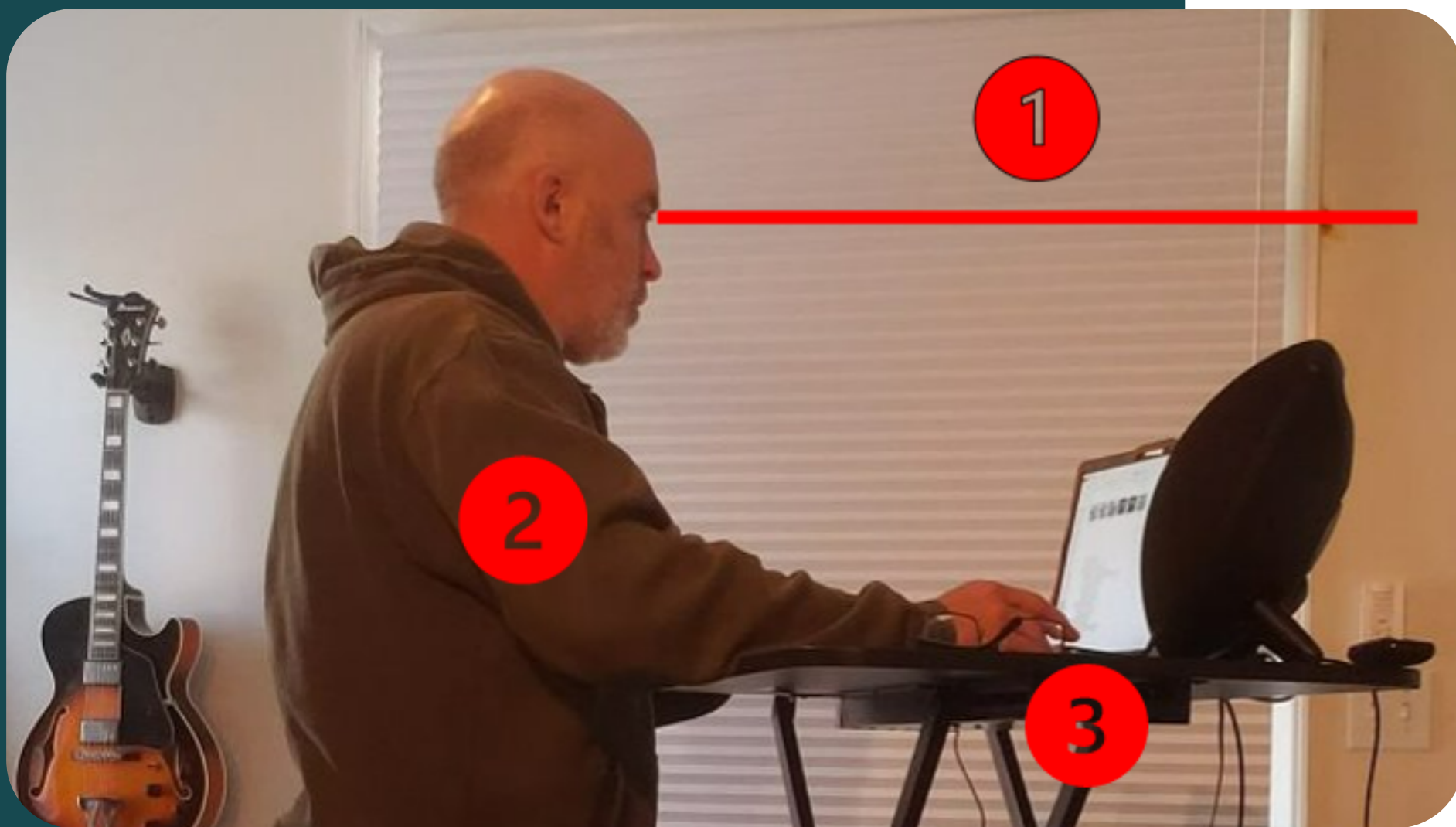
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OFFICE ERGONOMICS: CASE STUDY

Implementing accessories that fit the worker

Discomforts

The individual was experiencing discomfort in his right shoulder, upper back and neck.



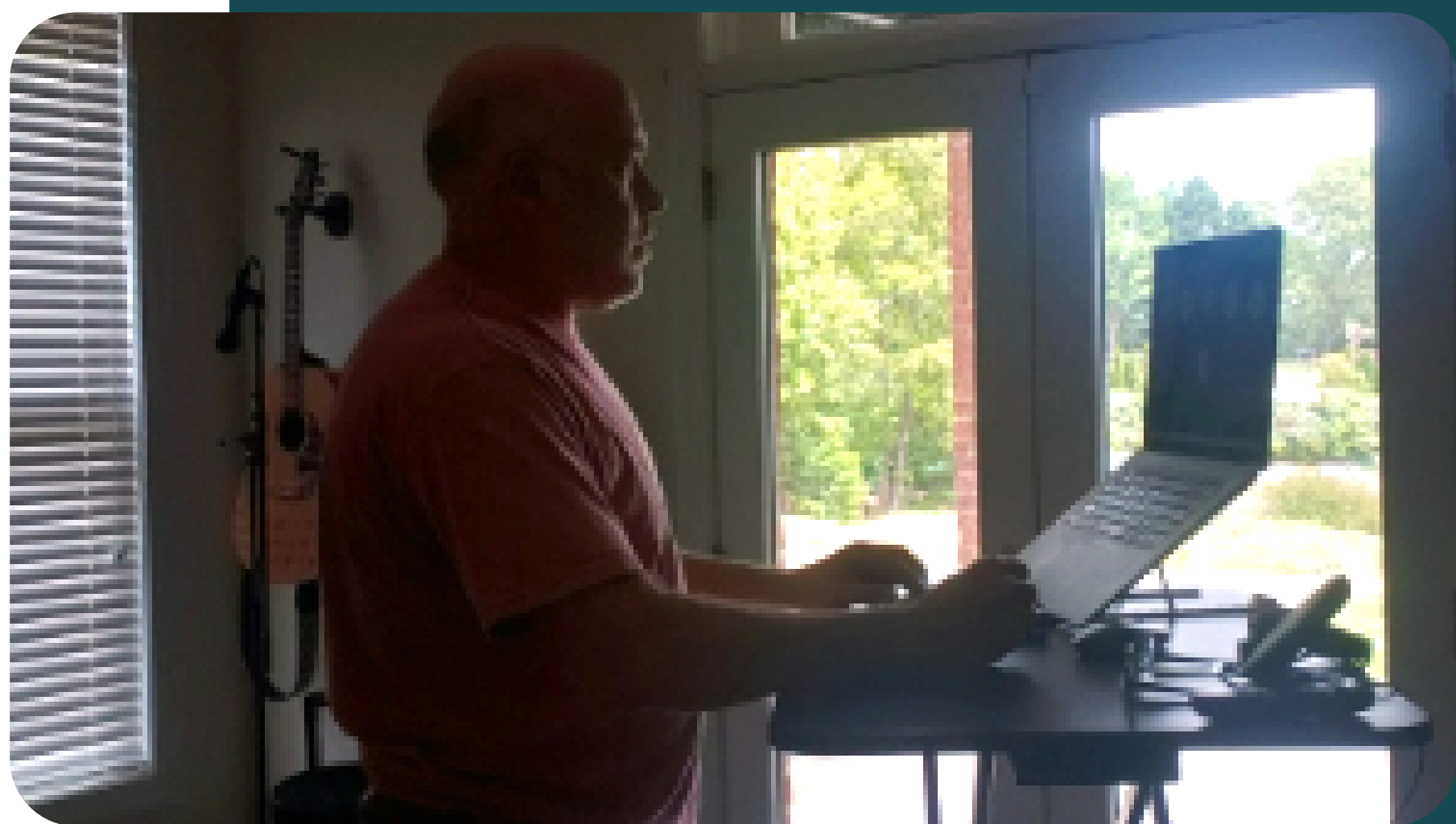
BEFORE ASSESSMENT

Observations

- 1) The individual was using his laptop as an all-in-one device. This was contributing to both poor neck and arm postures.
- 2) Work heights are mismatched which is further contributing to poor arm postures.
- 3) His mouse was positioned far over to the right.
- 4) He was not sitting all the way back in his chair.

Recommendations

- 1) Implement a laptop stand to improve laptop screen placement. With the laptop stand, the individual must use a compact external keyboard.
- 2) Elevate the chair height and use a footrest to align working heights.
- 3) Position the mouse closer to the body
- 4) Place pillows/cushions behind the his back to add back support.



**AFTER IMPLEMENTING
RECOMMENDATIONS**



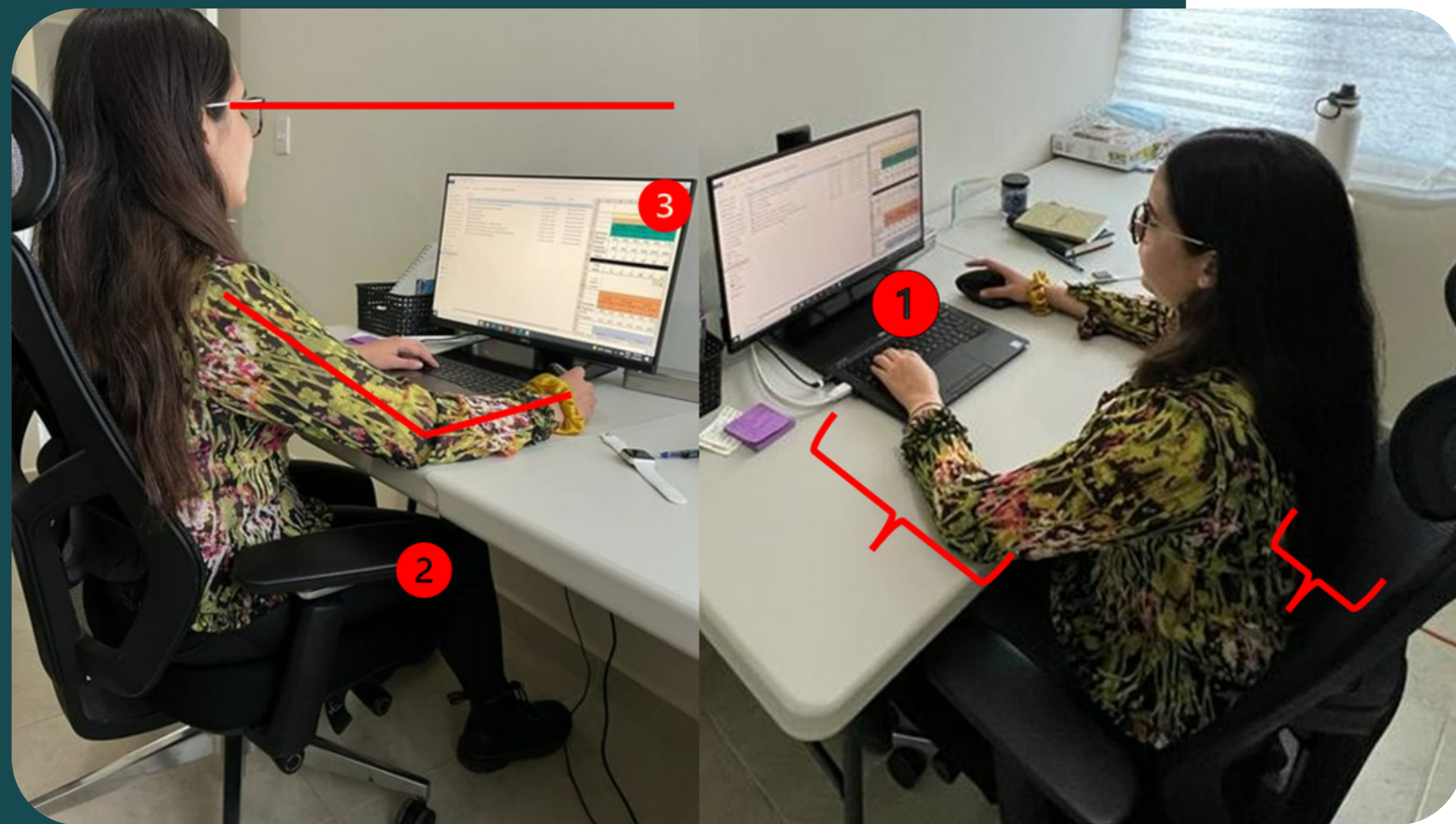
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OFFICE ERGONOMICS: CASE STUDY

Implementing accessories that fit the worker

Discomforts

The individual was experiencing discomfort in her upper and lower back, hips, knees, and wrists.



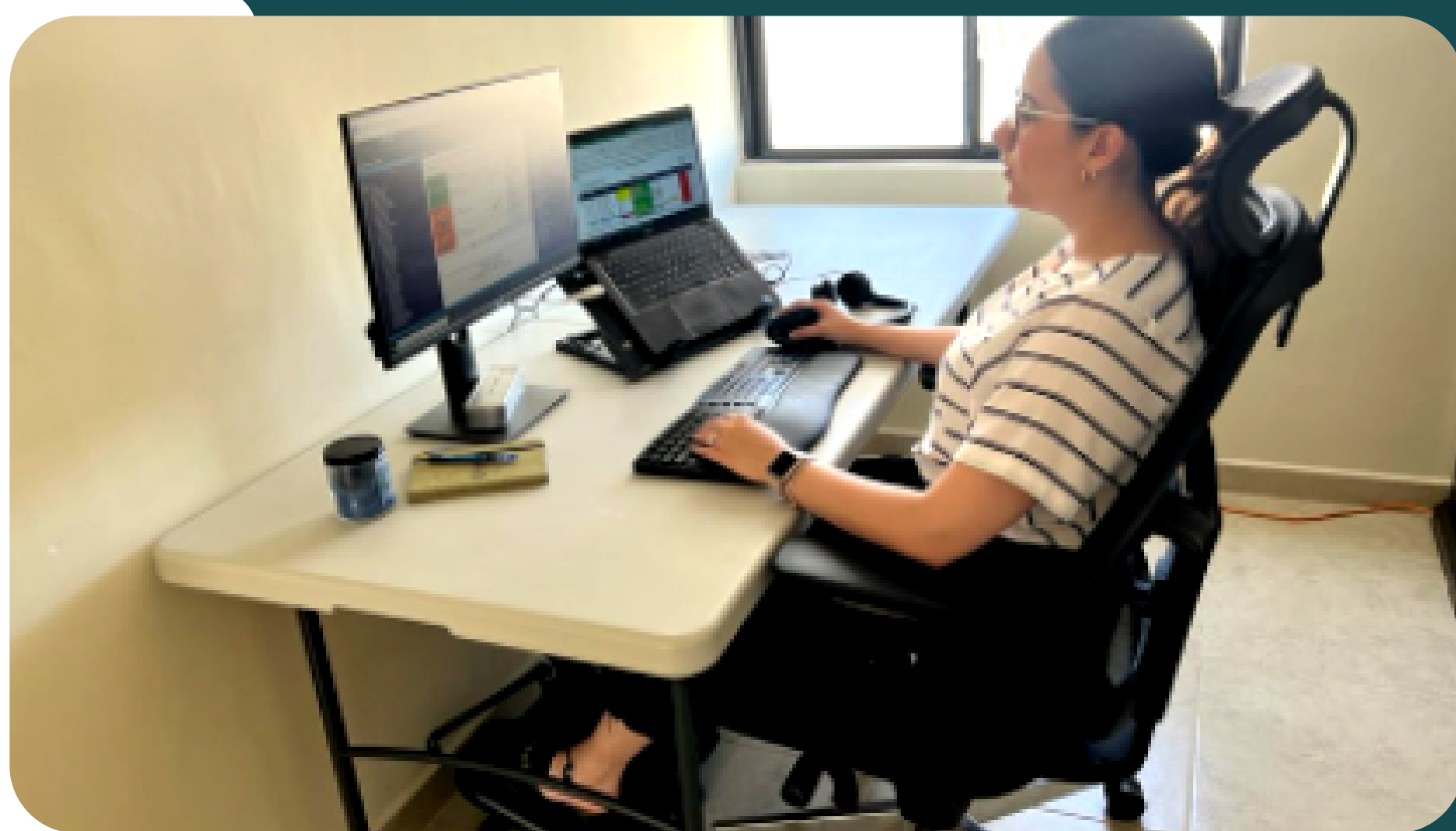
Observations

- 1) The individual was reaching and leaning forward while sitting in her chair because she was using her laptop's keyboard.
- 2) Because of mismatched work heights, the individual was not receiving any arm support from the chair.
- 3) The monitor was positioned too low

BEFORE ASSESSMENT

Recommendations

- 1) Implement a laptop stand and external keyboard to facilitate neutral postures while typing and allow the individual to sit back more in her chair.
- 2) Elevate the chair height, adjust the chair arms, and implement a footrest to improve arm posture and provide increased support.
- 3) Place a stack of paper or bin under the monitor to elevate the screen height.



AFTER IMPLEMENTING RECOMMENDATIONS



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