

# OFFICE ERGONOMICS: CASE STUDY

## Implementing furniture that fits the worker

### Discomforts

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



BEFORE ASSESSMENT

### Observations

- 1) The employee was using a non-adjustable wooden chair. This chair is hard and offers little support in the lumbar region and no upper back support. Despite the presence of chair arms, they are too low to provide any support while using a keyboard or mouse.
- 2) The chair is positioned too low resulting in contact stress on his wrists from the front edge of the desk.



AFTER IMPLEMENTING  
RECOMMENDATIONS

### Recommendations

- 1) Acquire a new chair with a higher back as well as increased lumbar and arm support.
- 2) Remove the drawer on the front portion of the desk and elevate his chair height to reduce contact stress.



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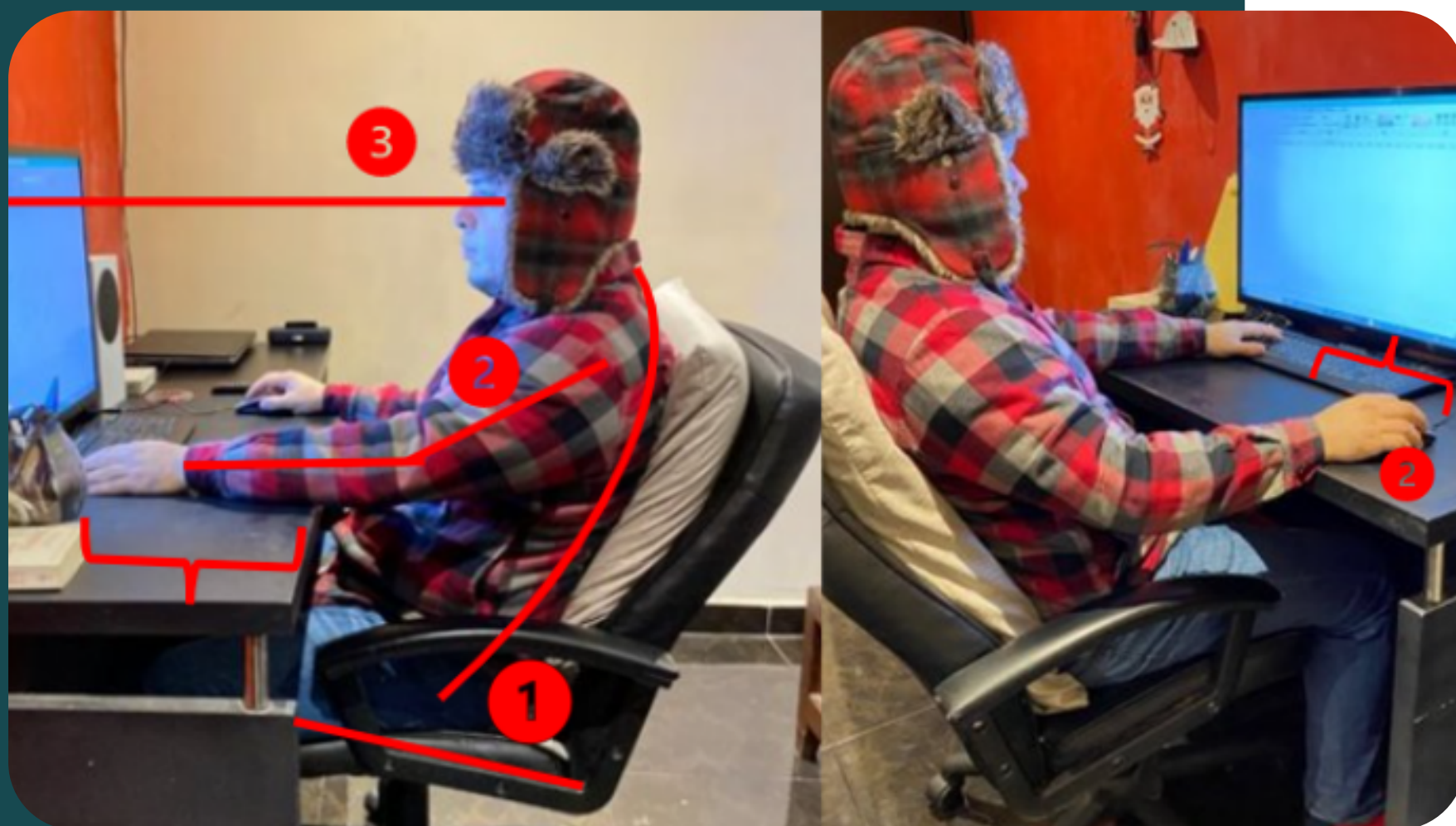


# OFFICE ERGONOMICS: CASE STUDY

## Implementing furniture and accessories that fit the worker

### Discomforts

The individual was experiencing discomfort in his shoulders, right wrist, neck, and upper and lower back.



### Observations

- 1) The individual's chair mechanism was broken, leaving his seat pan in a perpetual backwards tilt. Because of this, he would round his back and reach forward while working. His desk height is too tall for his setup, resulting in an elevated arm posture.
- 2) The keyboard and mouse were positioned far away from the edge of the desk, increasing the forward reach required while interacting with the items. He was also reaching to the side while mousing due to the length of his keyboard.
- 3) The screen was positioned too high.

### Recommendations

- 1) Acquire a new chair with lumbar support. Elevate the chair height to facilitate good working heights. Implement a footrest to offset the height difference.
- 2) Implement a compact split keyboard and angled mouse, both of which will facilitate neutral postures. Position the items closer to the edge of the desk.
- 3) Drag the content of the screen down a few inches from the top of the screen and treat the top few inches of the screen as “dead space”.



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