

# OFFICE ERGONOMICS

Fancy keyboards, weird mice, sophisticated monitors, expensive chairs... Can these things really make your workstation "ergonomic"? Are office jobs the "cushy" jobs they were once thought to be?

The fact is office work is becoming increasingly sedentary, as more and more tasks are computer-based. Sound easy? Risk factors such as prolonged, sedentary, and/or poor postures can lead to complaints of stiffness, aches, numbness, swelling - symptoms associated with repetitive strain injuries. Concerns regarding the overall indoor office environment - air quality, lighting, noise, contagious pathogens may also be present.

Proper consideration of these factors results in employees who are comfortable and educated (which means healthy, satisfied and more productive!). A win-win situation for everyone.



## THE PROBLEMS ...

### ACHES, PAINS & INJURIES

- Sedentary work, static postures, fatigue
- Carpal tunnel syndrome
- Low back discomfort
- Tension neck syndrome
- Visual fatigue and strain

### WORKPLACE "FIT & FUNCTION"

- Worker to workstation "fit"
- Chair to furniture "fit"
- Keyboard & mouse use
- Work flow
- Lighting & glare

### SICK BUILDING SYNDROME

- Indoor air quality
- Ventilation inadequacy
- Carbon dioxide build-up
- Microbial/infectious agents
- Noxious contaminants

## NEED SOLUTIONS ???

**OSHTECH** is an integrated team of specialists providing consulting and training in ergonomics, occupational hygiene, and environmental risk assessments. Our professional services include:

### ERGONOMIC SERVICES

- Basic "Proactive" Assessments
- Detailed Computer Workstation Surveys
- Troubleshooting re: Workstation Design
- Product Evaluations & Purchasing Support
- Return to Work Accommodation

### RELATED SERVICES

- Indoor Air Quality Surveys
- Lighting Surveys
- Annoyance Noise Surveys
- VDT Radiation Testing
- Mould Investigations

### TRAINING

- "Lunch 'n Learn" Awareness Sessions
- "Train the Trainer" Sessions
- Practical "Hands-on" Instruction
- In-house or Publicly Offered
- JHSC Seminars

OSH&E Consulting, Training & Laboratory Services

# OSHTECH

I N C O R P O R A T E D

279 Weber Street Suite 9  
Waterloo, Ontario N2J 3H8

400 York Street, Suite 100  
London, Ontario N6B 3N2

Tel: (519) 883-4727  
Fax: (519) 883-4726

Tel: (519) 642-1122  
Fax: (519) 642-0331

[www.oshtechinc.com](http://www.oshtechinc.com)