

At Colebrook Bosson Saunders we believe in making people safer, happier and more comfortable, through good ergonomic design.

1. Ergo what?
Ergonomics
| plural, noun |

From the Greek *ergon* meaning to work and *nomos* meaning natural laws. In essence ergonomics is about designing environments and products to suit the people who use them in order to improve well being and optimise productivity.

2. The why and the how?

Working with technology with poor ergonomics can bring about physiological and psychological problems. The persistent discomfort that results from poor ergonomics can lead to dramatic increases in conditions such as Repetitive Strain Injuries (RSIs) and Work-Related Musculoskeletal Disorders (WRMSDs). Implementing good ergonomics can lead to a healthier workforce, reducing long term health conditions and increasing productivity.

Consider the statistics?

Three times less

Organisations that employ strategies to improve workplace ergonomics have found that WRMSDs (resulting in lost work time) were three times less likely to occur.

(Source: Schneider)

For every \$1 a return of \$17.50

Research in the US has shown that for every dollar invested in an ergonomic intervention strategy in an office environment (e.g. RSI prevention), there is a return of \$17.50.

(Source: Buckle)

9.5 million days lost

An estimated 9.5 million working days were lost in 2005/06 through WRMSDs.

(Source: HSE)

2 million sufferers

2.0 million People suffered from work-related ill health in 2005/06 according to the Labour Force Survey (LFS), with 50% of cases from

Musculoskeletal disorders.

(Source: HSE)

£600 million lost

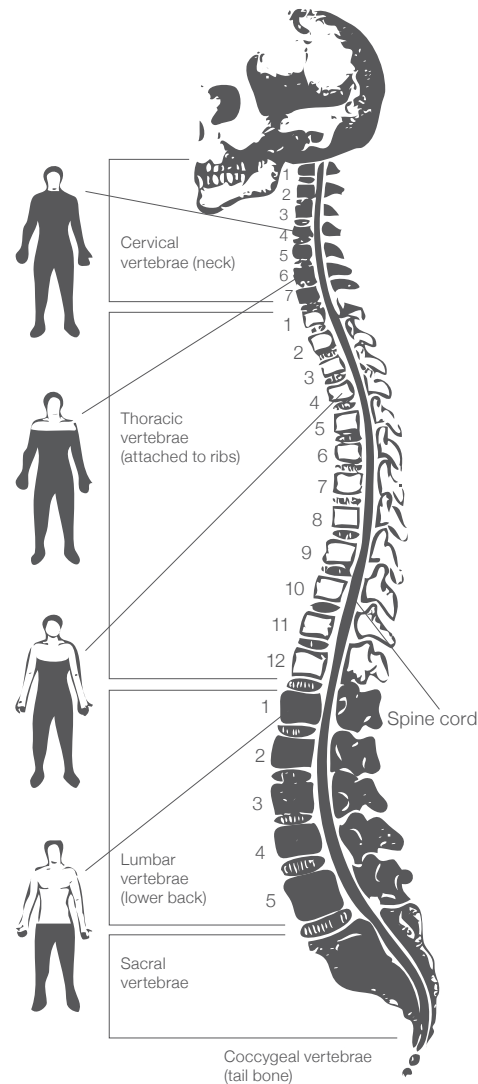
WRMSDs cost UK employers approximately £600 million.

(Source: HSE)

£5.7 billion

WRMSDs cost the UK economy £5.7 billion.

(Source: HSE)



Who can help?

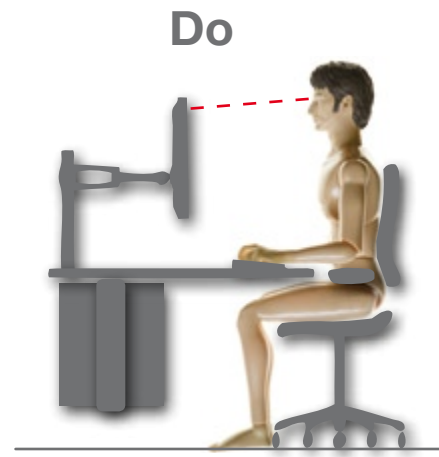
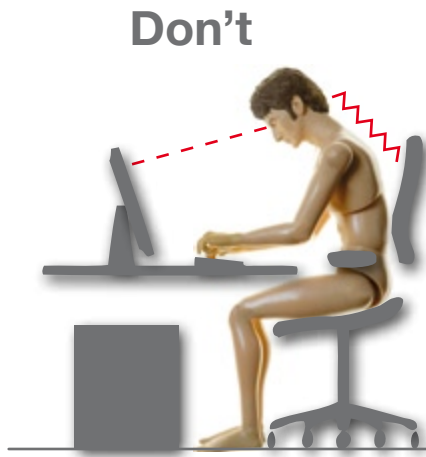
Don't suffer alone. At Colebrook Bosson Saunders we are here to help. If you need more information please email us at info@cbsproducts.co.uk

We are providers of RIBA approved CPD seminars to architects, designers and specifiers. For further info email us at cpd@cbsproducts.co.uk

Steps to working ergonomically

3. Feeling comfortable?

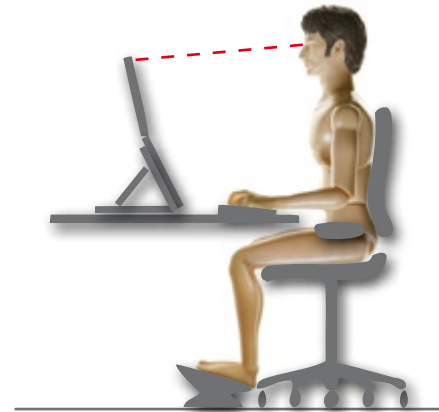
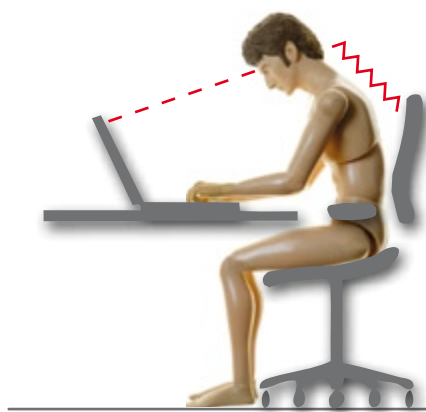
- Centre your monitor to avoid twisting and awkward positions
- Sit at arm's reach from your monitor to reduce eye strain
- Position the top of the screen at eye level
- Tilt your monitor slightly upwards to avoid reflected glare from overhead lighting and windows
- Ensure your chair is set ergonomically by following the manufactures instructions.



4. Don't be a slouch potato!

With laptop sales increasingly outstripping those of desktop computers, back experts are pointing to the growing dangers for laptop users. The risk laptop use poses to our backs, shoulders and necks as we lean over them at home, work and on the train is encouraging an epidemic of musculoskeletal problems.

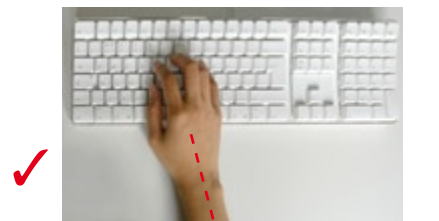
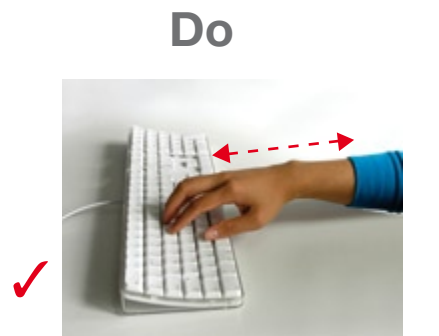
- Transform your laptop into an ergonomically correct workstation; invest in a portable laptop stand allowing you to raise the top of your screen to meet the level of your eyes.
- Use in conjunction with an external keyboard and mouse.
- The positioning of your laptop stand, keyboard and mouse should be parallel to avoid turning your neck and bending your head.



5. Keyboard is key

The following helpful keyboard ergonomic tips will increase your well being and prevent the development of RSIs and Cumulative Trauma Disorders (CTDs).

- Ideally, the keyboard and mouse should be 25mm or 1 inch below the bottom of your elbow.
- Keep your wrist and hand in line with your forearm in a straight and neutral position to reduce stress and strain on tendons and muscles.
- Adjust the keyboard height so that your shoulders can relax and your arms rest at your sides.



6. Beware the mouse!

Forming your wrists to an unhealthy angle when using the mouse can have a negative effect on your body causing aches and pains, as well as joint and/or tendon infections. Follow these steps to improve wrist health.

- When handling the mouse, keep your hand in a straight line with your forearm. Avoid bending the palm at the wrist; either to the left or right, or up or down.
- Avoid mouse shapes that may cause the wrists or fingers to be bent sideways or upwards when grasping the device.
- Movement of the mouse should come from the whole arm and shoulder, not just the wrist.

