

## Risk Control Webinar Series

- Next Session: Safe and Secure in 2023  
January 10<sup>th</sup>, 10am PT/11am MT
- What Other Topics Do You Want Us to Cover in the New Year?  
Leave ideas in the chat or email with your ideas:  
[kmcdonald@pomsassoc.com](mailto:kmcdonald@pomsassoc.com)

# Ergo on the Mind: Headed Back to the Office

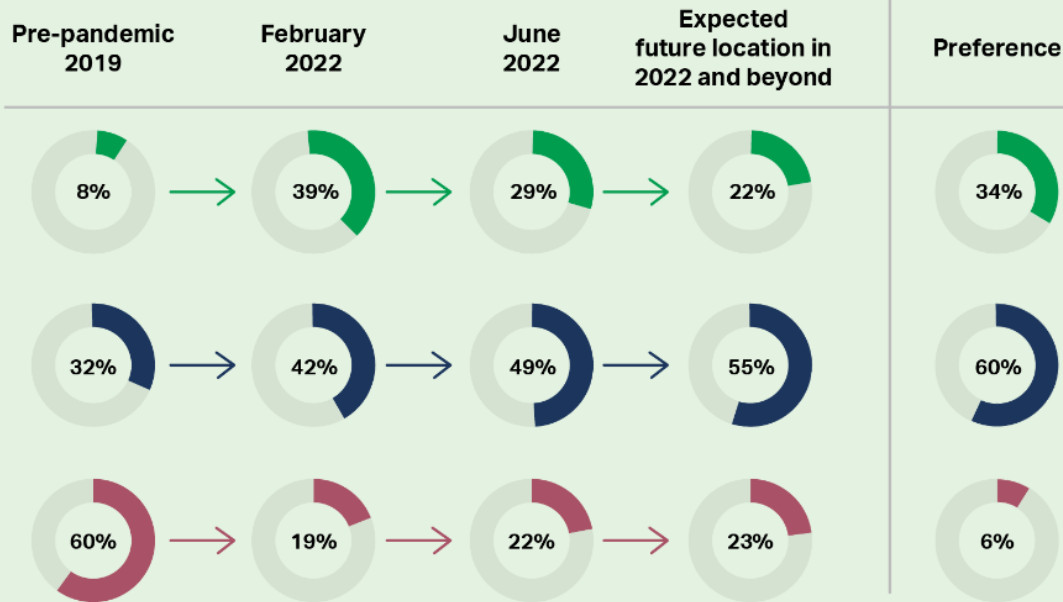
Karen Mestas-Harris



# Post Pandemic Work

Past, Current, Anticipated, and Preferred Employee Work Locations for Remote-Capable Jobs

■ Exclusively remote 
 ■ Hybrid (≥10% to <100% remote) 
 ■ On-site



GALLUP

- Hybrid schedule
- Full return to work
- Full work from home

# The Perfect Fit



Equipment,  
Machine,  
Tools

Worker

Job Design  
and Job Tasks

Workplace  
Environment



# The Perfect Fit

- Boundaries
- Schedule for success
- Collaboration
- Know yourself and your situation
- Productivity
- Office days: face to face with colleagues and clients
- Home office days allocated for concentration with minimal distractions



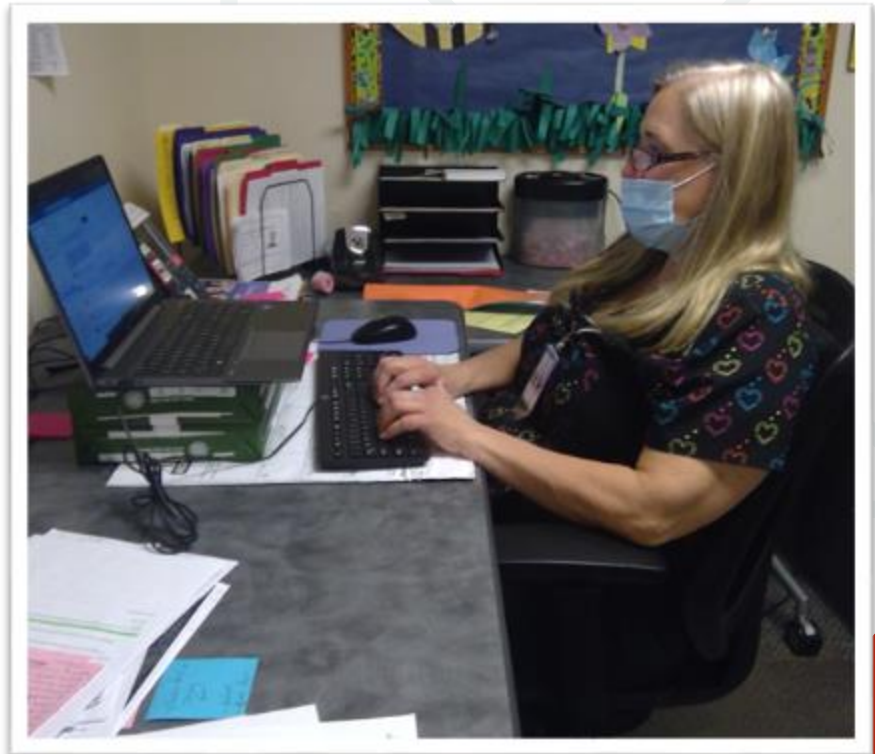
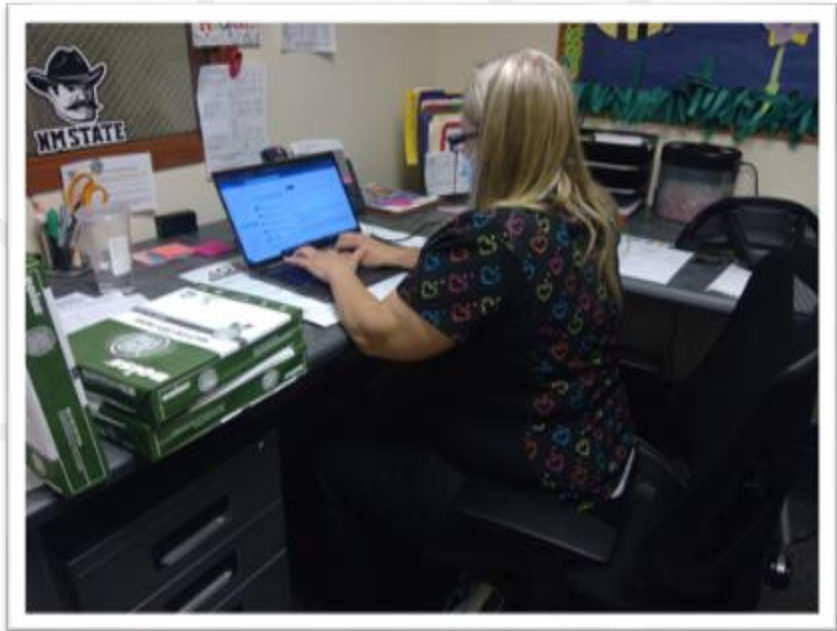
# Work From Home

- Get dressed
- Stick to normal hours
- Dedicate office space
- Set a to-do list
- Turn off email and instant message to focus on to-do list
- Set boundaries with others



# Ergonomic Principles

- Neutral postures
- Top of monitor at eye level
- Shoulders relaxed
- Low back supported
- Feet flat on floor or footrest
- Wrist and hands in line with forearms
- Organize work area to place most frequently used items closest
- Glare
- Cognitive ergonomics



# Ergonomic Principles

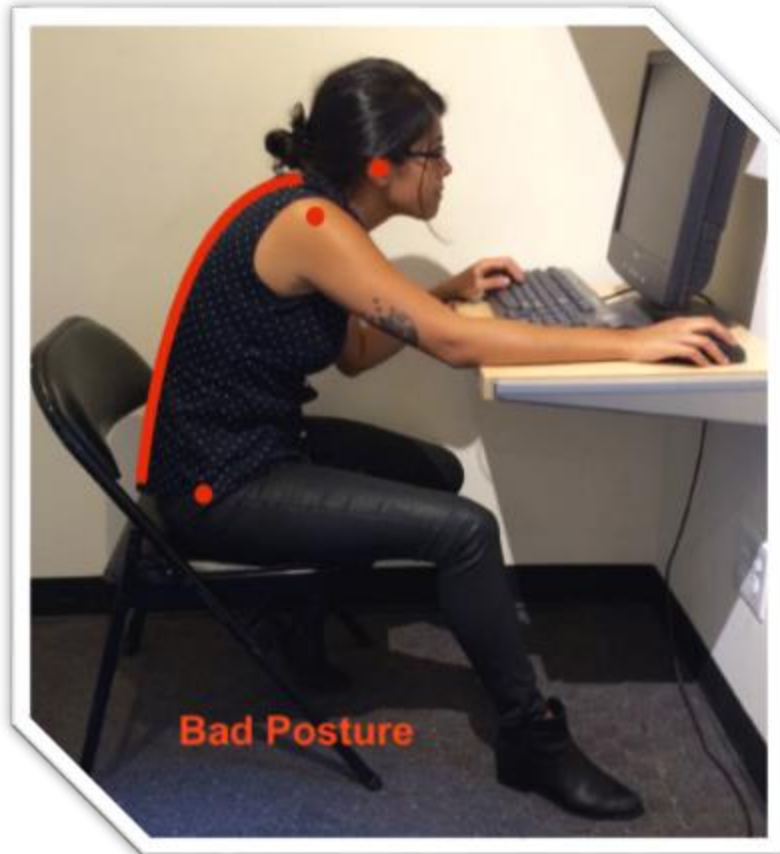
- Shoulders relaxed
- Elbows 90 degrees
- Forearms parallel with worksurface
- Wrist straight
- S curve spine
- Head and shoulders aligned





# The Big 5

- Chair/Standing
- Desk
- Keyboard
- Mouse
- Monitor



# Chair

- Most important feature
- Adjustable arms, seat depth, arms, lumbar support, chair height



# Office vs Home office

- Aeron Chair



- Criterion Chair



- Steelcase Gesture



# Desk

- Elbows 90 degree angle
- Neck neutral
- Wrists directly in front and relaxed

## Sitting & Standing Height Calculator

Your Height	Sitting Desk Height	Standing Desk Height
5'0"	22.5"	36.5"
5'1"	23"	37"
5'2"	23"	37.5"
5'3"	23.5"	38"
5'4"	24"	39"
5'5"	24.5"	39.5"
5'6"	25"	40.5"
5'7"	25"	41"
5'8"	25.5"	41.5"
5'9"	26"	42.5"

5'10"	26.5"	43"
5'11"	27"	43.5"
6'0"	27"	44"
6'1"	27.5"	44.5"
6'2"	28"	44.5"
6'3"	28.5"	46"
6'4"	28.5"	47"
6'5"	29"	47.5"
6'6"	29"	48"
6'7"	29.5"	49"
6'8"	30"	49.5"



## The Keyboard – Options

MS USB Ergo Keyboard



Standard

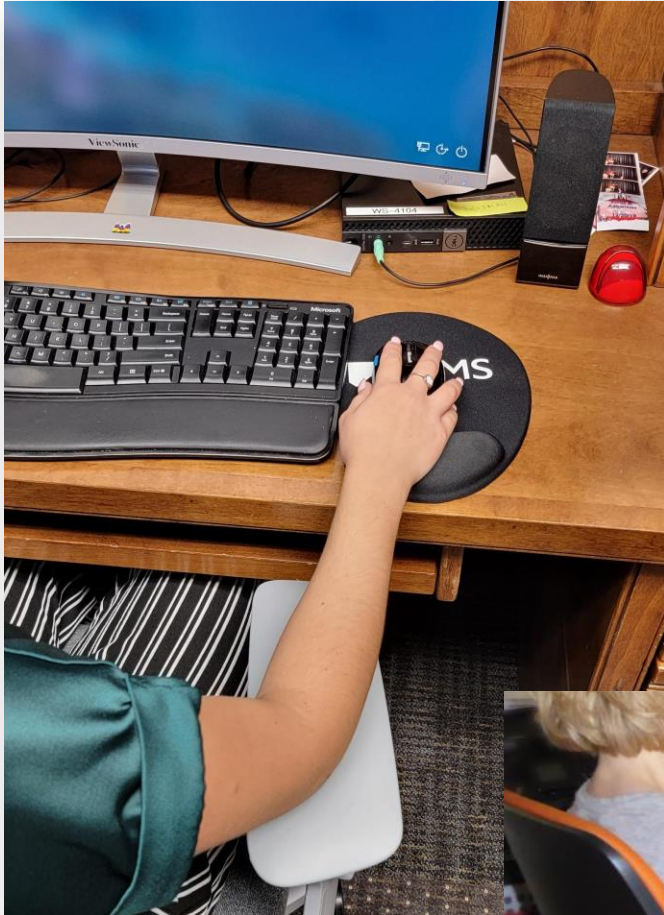


Goldtouch Keyboard

Left handed







- A** Shoulder relaxed
- B** Upper arm vertical
- C** Hand relaxed
- D** Lumbar supported—sitting back in chair
- E** Elbow next to side
- F** Forearm supported
- G** Wrist neutral

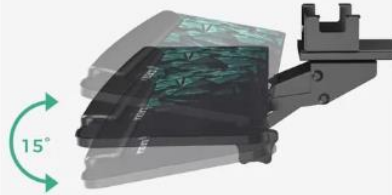




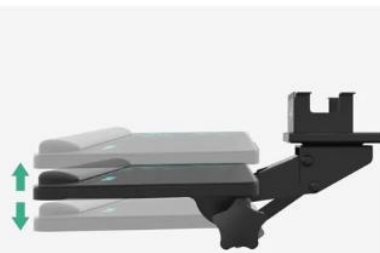
# Keyboard Tray



360° Rotatable



Angle Adjustable



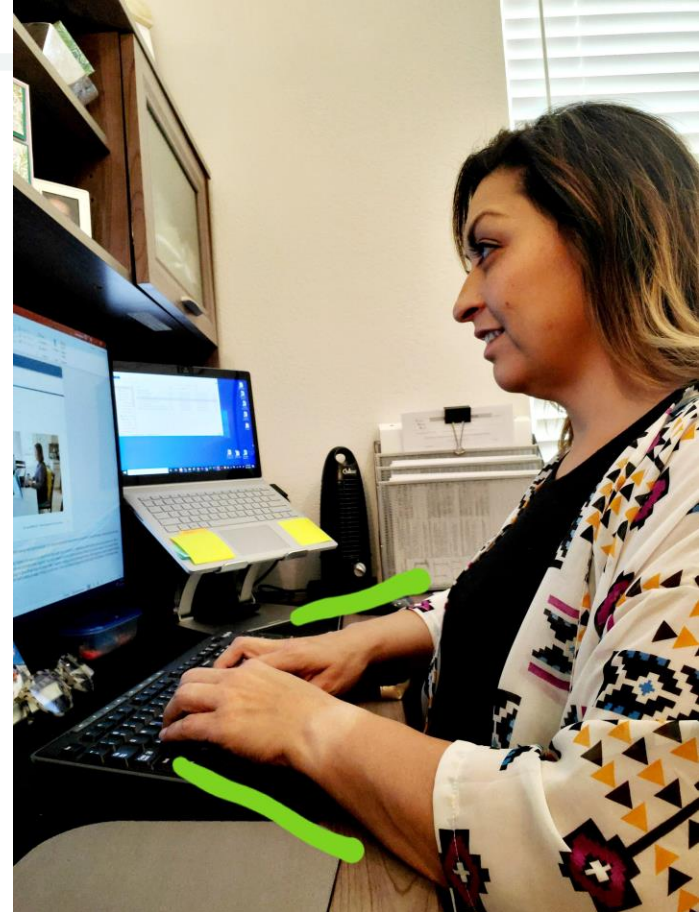
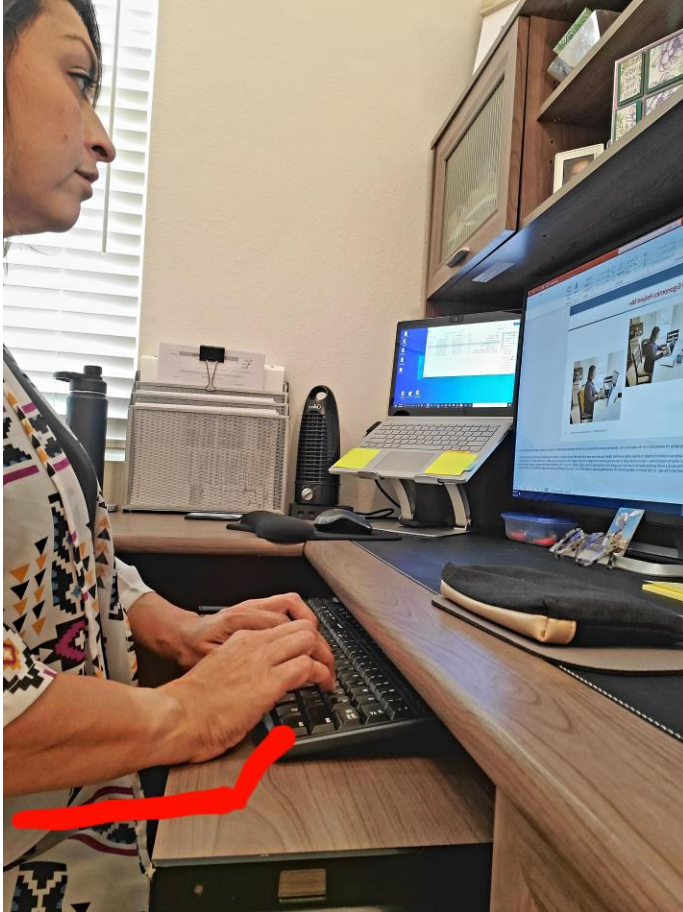
Height Adjustable



Retractable



# Keyboard Tray



# Mouse

## Mouse – Options



Kensington Orbit



Standard



3M Joystick



Evoluent Vertical



Contour Roller Mouse

### Comfortable Hold

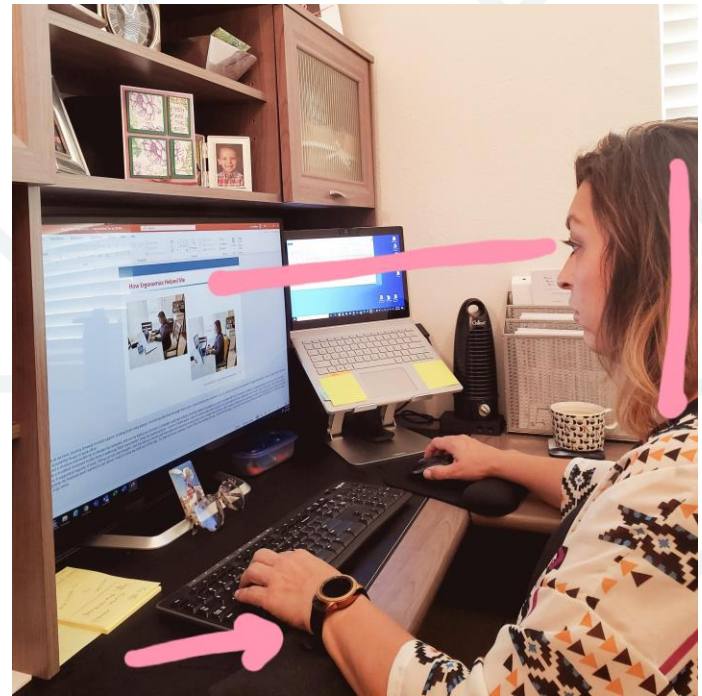
The ergonomic design alleviates pressure and encourages natural movement.



Move the mouse with your arm not your wrist

# Monitor(s)

- Arms length away
- High enough so line of sight straight ahead lands within top third of screen
- Chin in neutral position
- Bifocals may need slightly lower

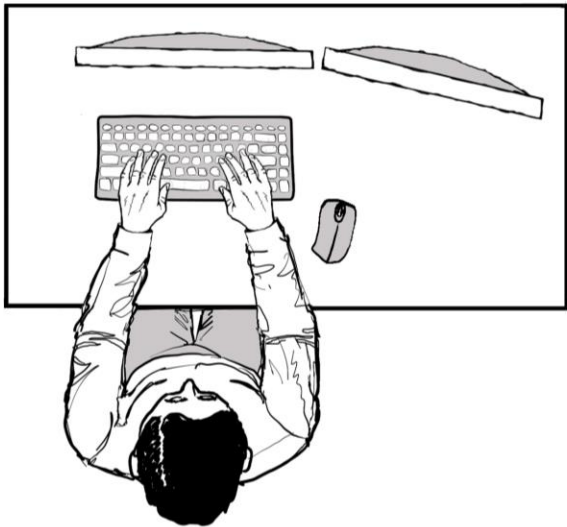


# Multiple Monitors

Single Monitor



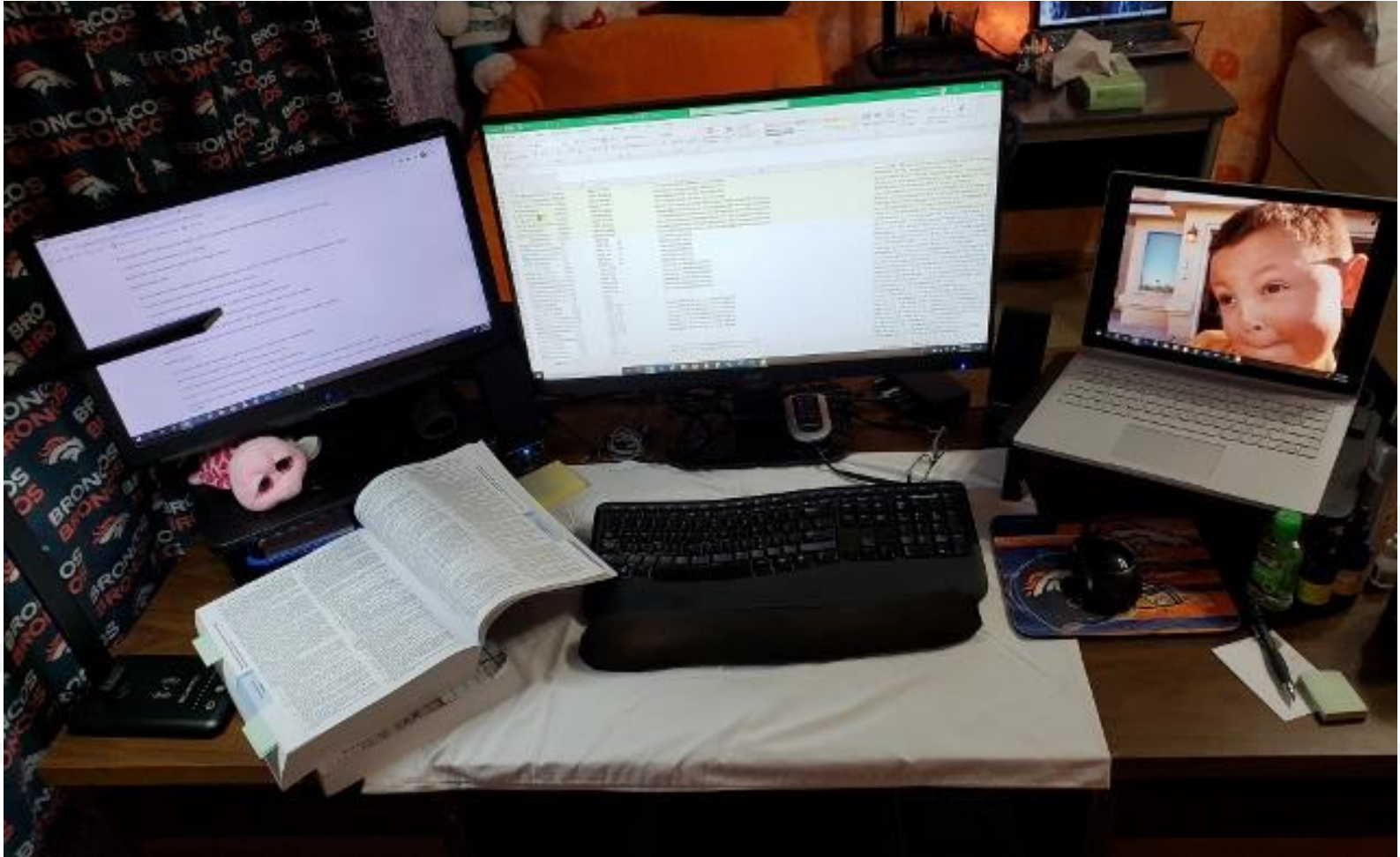
Primary & Secondary



Two with Equal Use







# Monitor stands/risers



**HEIGHT ADJUSTABLE**





# Sit vs stand debate

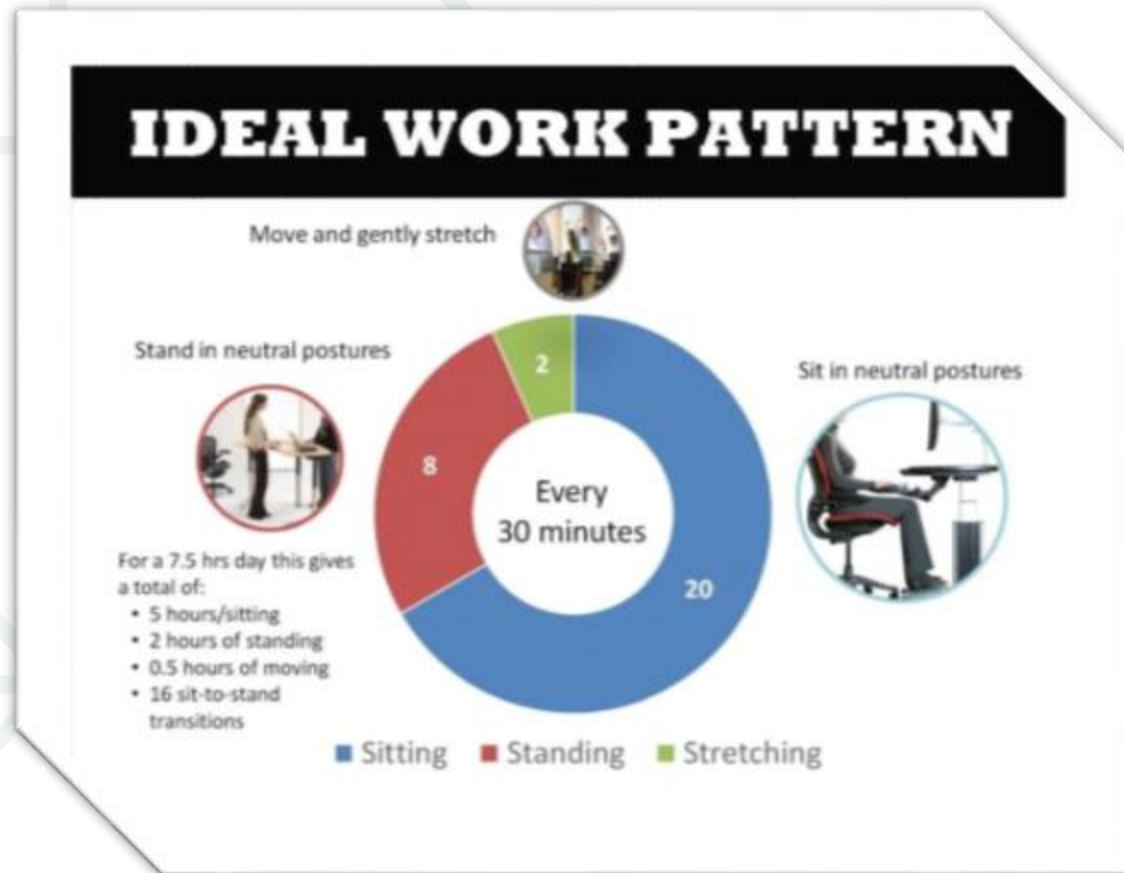
Each position has advantage and disadvantage

Moderation

Set a timer

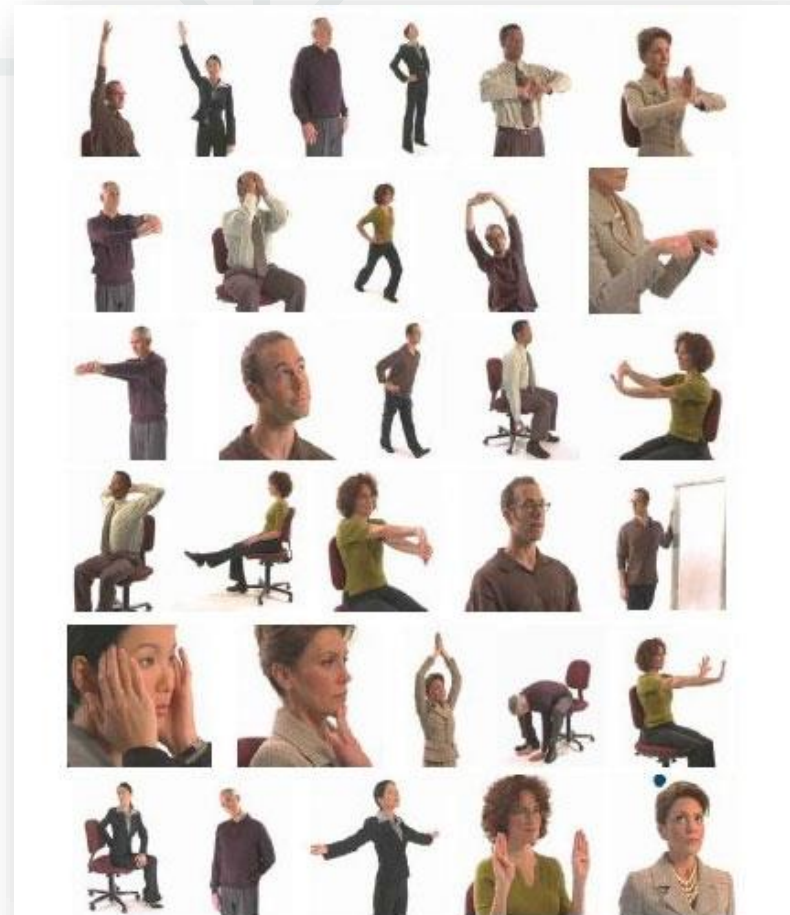
“Bad” standing posture can lead to locking knees, weaker abdominal muscles, or standing on one leg

Use of sit-stand stations decline after 1 month use



# Ergo Breaks

- **Short breaks help give your body a rest, reduce discomfort, and improve performance**
- Micro break (15–30 seconds)
- Ergo Break every 30 mins
  - Walk during calls
  - Don't eat at your desk
- Apps for computer and phone use

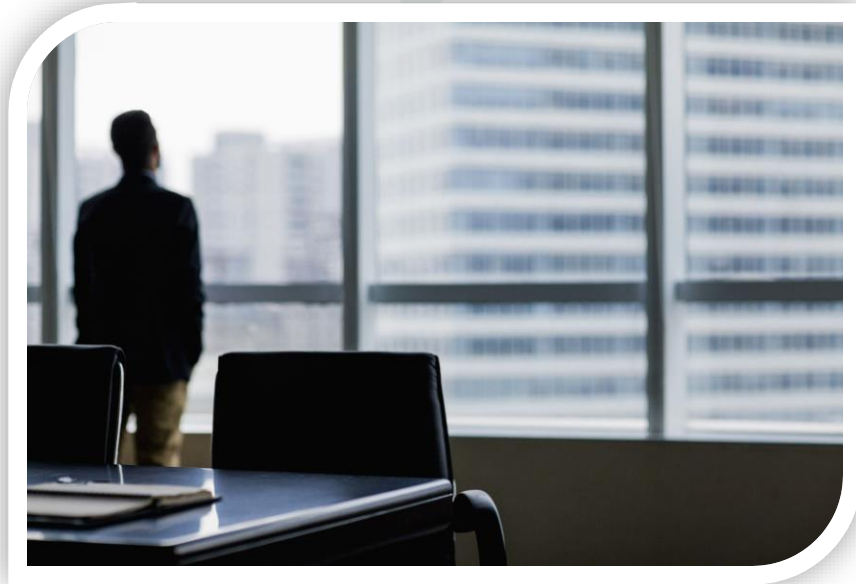


# Eye Discomfort

- Poor lighting
- Glare
- Resolution
- Natural lighting



# 20/20/20 Rule



- Headaches, eye fatigue, digital eye strain
- For every 20 minutes of screen time
  - Look 20 feet away
  - For 20 seconds

# Tech Neck

Smartphones are ruining our postures and stiffening our necks



0°  
10 -12lbs

15°  
27lbs

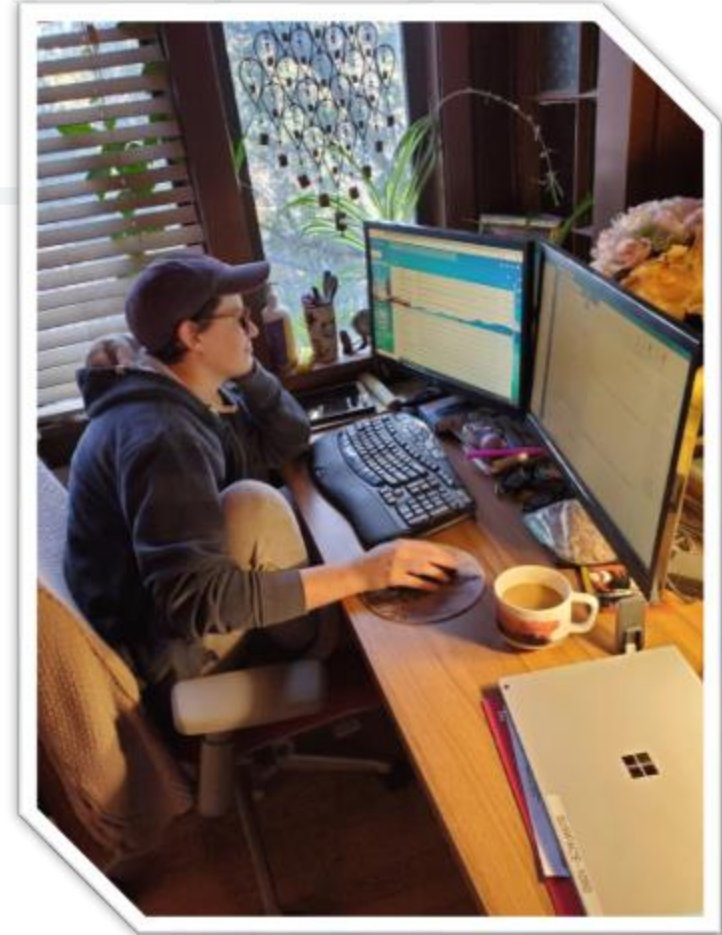
30°  
40lbs

45°  
49lbs

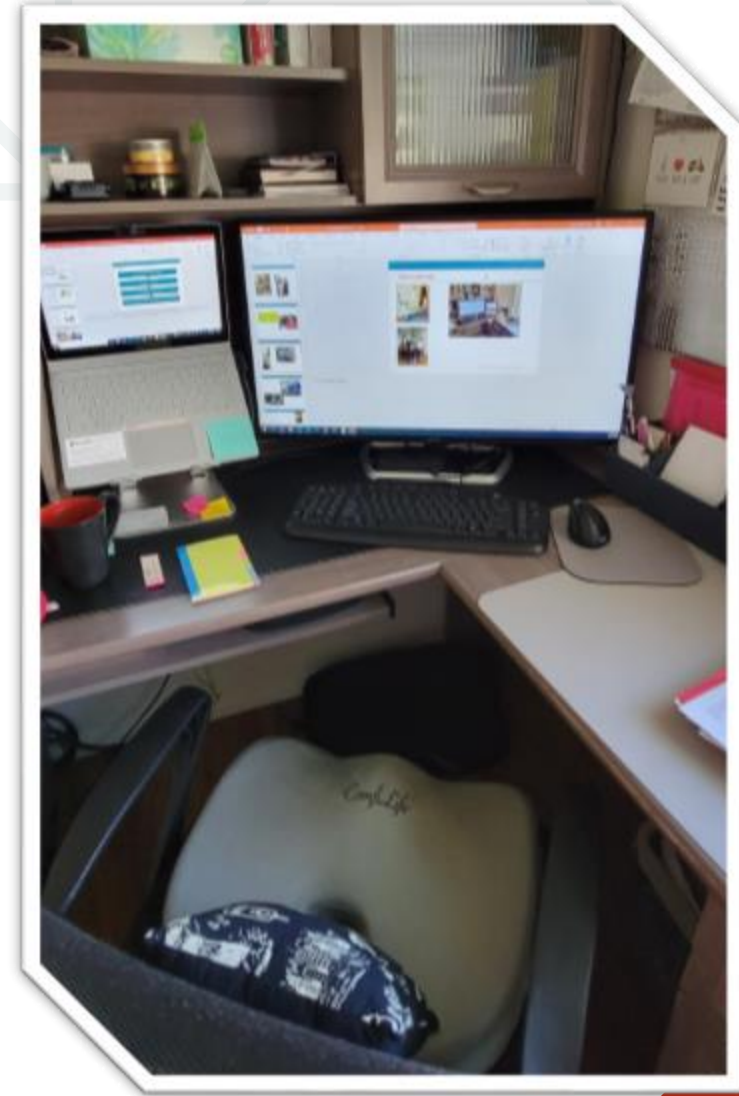
60°  
60lbs



# Body Postures



# Body Postures



# Importance of Ergonomics

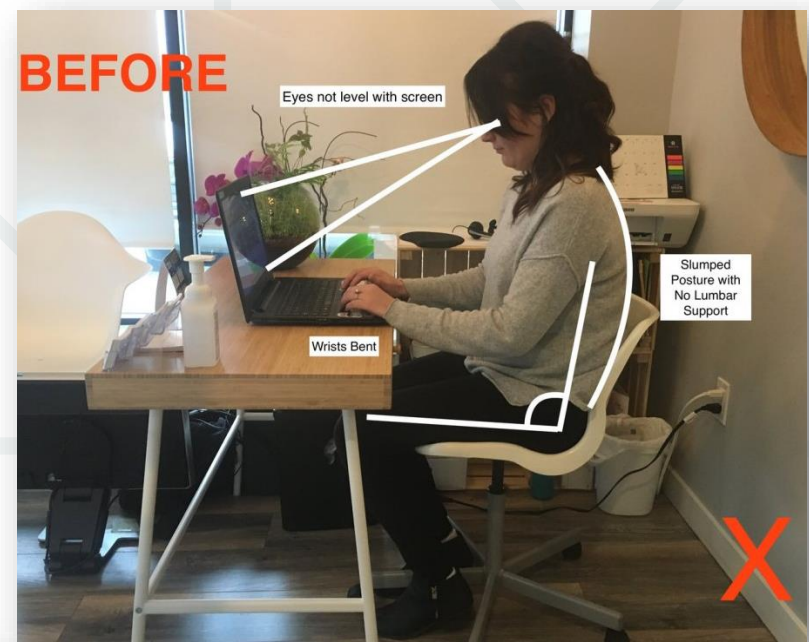
- Reduces injury
- Improves productivity
- Improves employee engagement and promotes safety culture
- Improves quality of work





# Summary-set yourself up for success!

- Neutral postures
- Alignment
- Look at yourself
- Task analysis
- Ergo Breaks
- Use your ergo eyes to help others



# Disclaimer

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# Questions/Discussion?



# Ergonomic Program Contact



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*Neutral posture is your Superpower!*

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