Ergonomics Basics and Tripping Hazard Prevention

Several folks have expressed the desire to improve their setups while working from home, both from an ergonomics standpoint and for tripping hazards related to computers and cables in new places at home. Many of us are finding creative home items to position things in the right levels and positions.

ERGONOMICS

Here are the basic principles in configuring your workstation for the least problematic impact on your body.

Neutral Posture: Attain a proper posture while performing sitting or standing work; a neutral seated posture should include sitting with the neck straight, shoulders straight down loosely at the sides, elbows at a right angle, wrists straight, low back supported on the back rest of the chair, 90° at the hips, 90° at the knees, and feet flat on the floor or on a footrest.

Eye and Elbow Height: Whether seated and standing – ensure that the keyboard and mouse are positioned at the elbow level. The top of the monitor should be at or slightly below eye height.

Work Area: Keep items that are used often in your work zone. The keyboard and mouse should be in the primary work zone, centered with the user and the monitor(s).

Get Up and Move Regularly: Ensure that you move and get out your chair, stretch and loosen up your limbs and arms, on a regular basis. Doing so hourly can make for a very different feeling at the end of the day than sitting for 6-8 hours at a time.

This info was adapted from this website, which had more detailed information with additional links: https://www.ehstoday.com/health/article/21127667/ergonomics-recommendations-for-remote-work (may require CAPTCHA test to view this site)

TRIPPING HAZARD PREVENTION AT HOME – SECURING CABLES

In addition, cabling and electrical cords can represent additional tripping dangers. Where cables cannot be rerouted to not cross a walking area, we recommend the use of duct tape (you may have laying around the house) or "gaffer's tape" which can be bought online but is more expensive and duct tape works about as well. You can also purchase specific cable covers online if desired (more expensive than tape). Duct tape is the go-to tool for IT and event staff to minimize cable tripping issues. Make sure the tape is at least double width and/or use two runs overlapping along the length of the cable, as pictured here:

DO it THIS WAY:

DO NOT DO it THIS WAY:

If you have specific questions on ergonomics, please contact Christel Olsen, Manager of Environmental Health & Safety at: Christel.Olsen2@seattlecolleges.edu

If you have specific technology equipment questions, please contact IT Help at: https://itservices.seattlecolleges.edu/it-help-desk