Narrowing Your Choices: Selecting the Right Computer Workstation Equipment for your Workplace

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Presenter Information:

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  • Clinical Doctorate in Physical Therapy
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What we’ll cover in the Pre-Conference Course:

• Risk Factors associated with computer workstations
• Discussion of work equipment features [What is really “ergonomic”?]
• Interactive case studies from office workstations with video examples
• Opportunity to try out and evaluate office equipment including chairs, mice and keyboards
With the wrong equipment...
Risk Factors for Computer Work

• Awkward Postures

• High repetition

• Excessive Force

• Contact Stress
Awkward Postures
Awkward Postures
Contact Stress
What equipment is “ergonomic”? 
Chairs

- To accommodate the most workers, look for these features in an office chair:
- ADJUSTABLE:
  - Independent seat back tilt
  - Seat “slider” depth
  - Armrest height
Chairs
Keyboards

- Considerations include:
  - Job Tasks [example: uses numeric pad?]
  - User’s size [hands, shoulders, torso]
  - Typing skill: Needs to look at the keys?
Keyboards
Mice

- Symmetrical vs. right-hand only
- Trackballs
- Rollermouse
- Tablet mouse
- Vertical mouse
- Joystick mouse
- Footswitch mouse
Bottom Line

- There are musculoskeletal risk factors for computer users
- Choosing the right equipment can help reduce these risks
- Knowing which features of equipment are worth paying for and which features are non-value-added will help you maximize your company’s resources
Extras in the Workshop

- Interactive case studies/video
- Ability to actually try out equipment
- Checklists to enable you to rate equipment when you go back to your work