

2013 Applied Ergonomics
Conference, Dallas

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

Sheryl Ulin, PhD, CPE & Janet Peterson, PT, DPT



Presenter Information:

- **Sheryl Ulin, PhD, CPE**

- Industrial Engineering Researcher at U. of Michigan
- Director of Continuing Education for the Center for Occupational Health & Safety Engineering at U. of Michigan

- **Janet Peterson, PT, DPT**

- Clinical Doctorate in Physical Therapy
- Owner of JP Ergonomics, Ergonomic Consultant in the greater Seattle area since 1998



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



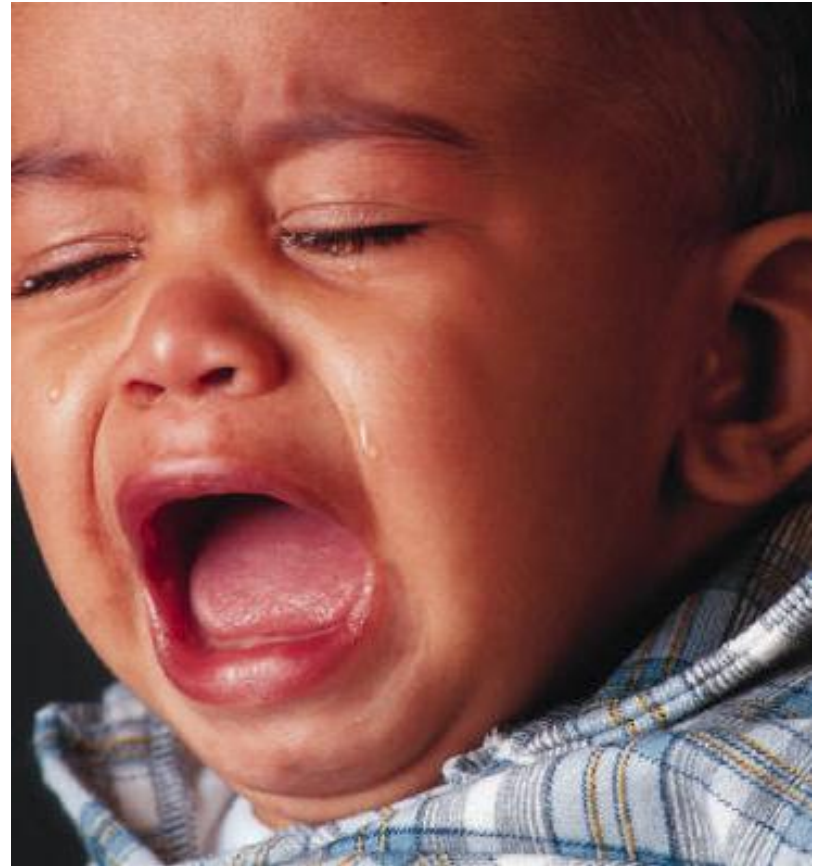
Awkward Postures



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*



© Warren Photographic

Mice





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