

# The ERGOnian

A monthly newsletter for the Oregon State Agency office ergonomic community

October 2006

## **Consumer Beware!**

Not all chairs are created equal. The amount of adjustability features does not necessarily take the prize when looking for an office chair. If you are fortunate enough to be afforded the opportunity to obtain or purchase an office chair that fits your stature do not confuse adjustability with suitability. Most favorable chairs, geared towards good ergonomics, have many adjustability features, which in turn will accommodate the majority of the population. However, adjustments can vary in importance depending upon the customers' needs. Understanding some of the unique individual needs is one of the key elements to take into consideration after an ergonomic assessment is performed.

Ergonomics is now being recognized by the seating industry, however due to the process of supply and demand, the average size/weight and body type is used to supply the majority of the population. This factor alone may leave you high and dry especially if you do not reflect the average body type. There are special chairs designed for people who are both bigger and smaller than average and these options should always be researched when dealing with someone outside of the "norm."

While there are chair manufacturers that are beginning to provide chairs that address multiple issues (including new sit stand chairs), they remain on the higher end of the pricing range. It is important to first consider all chairs within the state's contract and all employee aspects when determining if a new chair purchase is appropriate including additional medical costs, time loss, other hidden costs, and employee moral. Ultimately, the right chair choice can save you both time and money.

**NOTE:** Read the instructions that come with a new chair. Chair adjustments can be confusing without written instructions.

## **Next SAIF Ergo Assessor Training Date**

**November 21, 2006  
8:30 AM to 11:30 AM  
@ SAIF Corporation**

### **To register online:**

<http://www.saif.com/Policyholders/phtrain.htm#StateAgency>

## **New and Improved Office Ergonomics Assessor Class**

If you have not attended an office ergonomic assessor's class in the last two years, now is the time to consider taking the class again. The same principles that were taught in the past still apply however additional resources and assessor techniques have been included. Come join this practical, hands-on-class and increase your confidence in performing office ergonomic assessments!

### **Resource Center**

<http://www.oregon.gov/DAS/SSD/Risk/T raining.shtml>

<http://www.oregon.gov/DAS/SSD/Risk/ergoguide.shtml>

<http://www.cbs.state.or.us/external/osh a/pdf/pubs/1863.pdf>

<http://www.ergonomics-information.com/>

## **Ergo Assessor Graduates**

Congratulations to the following employees that completed their **3** required ergonomic assessments, and have officially graduated!

DCBS – Theresa Pietzold;

DHS – Julie James, George Tucker;

DOJ – Toni Kemple;

DOR – Kim Cannon, Kim Dettwyler, Tricia Galloway, Doris Ryan-Poe, Mindy Walker;

Judicial – Joann Llerenas