

The ERGOnian

A monthly newsletter for the Oregon State Agency office ergonomic community

November/December 2006

Is the base of a chair important?

Why do you see new office chairs with five legs or points and not four? Why is a five-point base preferred to a four-point base? Just like a good foundation on a house, it is critical to have a good foundation on an office chair.

Have you ever seen someone tip backward on two legs of a standard four-legged chair? It is easy to do, and most of us have watched the results of such an activity.

Here is a picture of a base of a five-point base chair. The base is evenly distributed which provides additional stability and prevents the user from leaning back on two points or legs of the chair.



You may still find four-point base chairs in office environments. For safety, stability and user comfort, it is recommended that these chairs no longer be placed in use. A four-point office chair currently in use should be replaced as soon as reasonably possible.

Next SAIF Ergo Assessor Training Date

THURSDAY, December 7, 2006
8:30 AM to 11:30 AM
@ SAIF Corporation

To register online:

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

Hold these dates!

See what training opportunities are coming up in the next year at SAIF and put them on your calendar now!

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

Resource Center

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

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

<http://www.cbs.state.or.us/external/osh/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!

DHS – Laurie Hanson, Richela Jenkins, Amy Lee, Connie Murphy, Gail Struve

DOJ – Wayne Hall, Janell Reed

Employment – Anne Kinsey

ODOT – Rob Shepherd

OJD – Dori Oliveira, Carol Sargent

OYA – Kamela Gammon