

# The ERGOnian

A monthly newsletter for the Oregon State Agency office ergonomic community

March 2006

## Are there germs lurking in the office workstation?

Yes! There are many germs found in the work environment. Which office surface do you think is cleaner, your desk or the toilet seat in the bathroom? Studies have found that the toilet seat generally has fewer germs. Why is this true? Typically, the bathroom is cleaned once per day but desks are often left up to the individual using the equipment to clean. The problem is even worse if you eat at your desk. Spilled food and drink are usually wiped up with a paper towel, which only expands the breeding ground of the bacteria.

What can you do?

- Clean your desk once a week with a disinfectant wipe, especially if you eat there.
- Wipe all surfaces with a disinfectant wipe not with antibacterial wipes. Do not use any wipes on the monitor screen unless they are specifically designed for monitors.
- Make sure you unplug the keyboard or turn off the computer before cleaning the keyboard.
- Don't forget the phone or headset! Clean the surfaces with a disinfectant wipe.
- Wash your hands well a few times per day, or use a gel sanitizer. Viruses typically enter the body through the eyes, ears and mouth.

Your desk and phone are the main germ hangouts. If you do not share space with another person don't worry, the germs came from you. You can't get sick from your own germs. Take ownership of the work space you occupy. This is an area that you can, to some extent, control the number of germs that enter and remain.

## Next SAIF Ergo Assessor Training Date

April 18, 2006  
8:30 AM to 11:30 AM  
@ SAIF Corporation

### To register online:

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



## Another use for Band-Aids

Here is a trick to determine if your wrists are in a neutral position. Put a Band-Aid lengthwise over the top of your wrist. While typing, if the Band-Aid stretches or goes slack, your wrists aren't in a neutral position. Adjust your wrist position on the keyboard until the Band-Aid no longer stretches or goes slack.

## Resource Center

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

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

**DAS** – Pamela Armer  
**DHS** – Pierre Chuanyin-Chen  
**ODOT** – Brian Nielsen