

# The Ergonian

A monthly newsletter for the Oregon State Agency office ergonomic community

April 2005

## Benefits of Using the Forward Tilt Chair Position

The “forward tilt” chair position is one of three chair positions taught in SAIF’s Office Ergonomic Assessor Course. The picture to the right demonstrates this position. The forward tilt chair position may feel strange at first, but of the three it actually has some health benefits.

According to Liz Dowler, OTR/L, “a forward sloping seat pan is recommended to promote a neutral position for the spine and reduce strain on the muscles of the back, neck and shoulders.” So, you might want to give it a try.



## Exercise Balls: Great in the Gym, Bad in the Office

According to a recent article in ergoweb.com, exercise balls have shown up in the office as a chair replacement. This is strongly opposed by many medical professionals for the following reasons:

- An exercise ball is unstable and creates a risk for injury by falling off the ball.
- Sitting on an exercise ball for prolonged time periods actually compresses the intervertebral discs
- Exercise balls are not height adjustable

For the full article, the web address is:

<http://www.ergoweb.com/news/detail.cfm?id=1091>

### May SAIF Ergo Assessor Training Date

May 17<sup>th</sup>, 8:30am – 12:30pm  
@ SAIF Corporation

For more Info Contact:  
[wenqui@saif.com](mailto:wenqui@saif.com)

### *Ergo Factoid*

Obesity increases the likelihood of suffering from a soft tissue injury by 200%!!!

All the more reason to start exercising and eating healthier!

### RESOURCE CENTER

DAS:

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

OR-OSHA

<http://www.cbs.state.or.us/external/osh/consult/ergonomic/ergonomics.htm>

[www.ergoweb.com](http://www.ergoweb.com)

## March Ergo Assessor Graduates

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

Caroline Meyer, Office of Public Defense Services

Aurora Mein, Dept. of Justice

Sheryl Rotter, Dept. of Justice

Helen Barker, ODOT