

# The Ergonian

A monthly newsletter for the Oregon State Agency office ergonomic community

May 2005

## The Anatomy of an Ergonomic Office Chair



Do you know how to adjust your chair? Do you know what is and is not adjustable on your chair?

Take some time to go through and play with all the adjustments. The graphic above depicts some common ergonomic chair adjustments that you should become familiar with. The adjustable parts will be used when doing the ergonomic assessments.

So don't be shy...get to know your chair!

**SAIF Ergo Assessor Training  
Date**

**August 16th, 8:30am – 12:30pm  
@ SAIF Corporation**

**For more Info Contact:  
wenqui@saif.com**

### *Ergo Factoid*

*To reduce eye strain, raise the refresh rate on your computer. This reduces flickering that causes eye strain and headaches. To change this, go to control panel, display, and settings. Then click on "advanced", then "monitor" and there will be a drop down box with different rates to choose from. Choose a rate above 60. Click OK until you are done.*

### **RESOURCE CENTER**

**DAS:**

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

**OR-OSHA**

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

[www.ergonomics-information.com](http://www.ergonomics-information.com)

## **April Ergo Assessor Graduates**

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

**DHS: Eva Flatwood, Denise Vinini, Peggy Cain, Kristine Kersine**

**ODF: Tina Meyers**