

The ERGOnian

A monthly newsletter for the Oregon State Agency office ergonomic community

April/May 2006

Computer Monitor Set-up

With the ever increasing use of computers, monitor height can often be an issue for employees. Remember, the first line of text on the computer monitor should be at, or slightly below, the employee's line of vision. To check for proper monitor height, have the employee sit at their keyboard and look forward while keeping their neck in a neutral position. Once the employee's line of sight is determined, have the employee point to the position on the screen where their eyes would read a line of text. If the monitor is too high lower the monitor until the line of vision is correct on the screen. If the monitor is too low elevate the monitor, with monitor risers, monitor platform or phone books, to bring it up to the correct position for the employee's line of vision.

Additionally, viewing distance between the employee's eyes and the screen should be between 16 to 29 inches, or approximately an arms length away from the employee. Have the employee sit in their chair at their keyboard and see if they can reach the monitor. Adjust the monitor as appropriate.

Ever wonder how glasses or contact lenses affect the way a computer monitor should be positioned? Check out next month's ERGOnian for "eye-catching" answers.

Next SAIF Ergo Assessor Training Date

June 20, 2006
8:30 AM to 11:30 AM
@ SAIF Corporation

To register online:

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

20/20/20 Rule

Taking micro-breaks throughout the day is a great way to help relieve fatigue, when spending long periods of time at a computer. Encourage employees to take a micro-break every 20 minutes for 20 seconds. During this break, employees should stand up and focus on an object about 20 feet away. By standing and refocusing, employees will realign their spine and reduce eye strain. If employees cannot remember to break every 20 minutes, encourage this process every 30 minutes or twice per hour.

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/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 – Clark Calorino; **DOC** – Cherie Jackson; **Housing** – Andrea Gentry;
Military – Robin Sawvel; **ODF** – Susan Dominique; **ODOT** – Rog Glaha;
OYA – Drew Reynolds; **UO** – Hilary Hefferlin