

The Ergonian

A monthly newsletter for the Oregon State Agency office ergonomic community

June 2005

What's Hydration Got To Do With It?

Between 55% - 75% of the adult body is water, and it is water that plays a key role in regulating our body's systems. The musculotory system is one of those systems. When the body is dehydrated, basic functions are impacted as the body tries to conserve water and essentially "dry up." "Dried up" muscles will not perform as well as well hydrated muscles and when doing repetitive motions your muscles will tire and fatigue more easily. A muscle dehydrated even 3% loses 10% of its contractile strength and an 8% reduction in speed. (What's your word per minute for typing?)

To prevent this from occurring, drink 10 to 12 cups of water a day. Remember that caffeinated drinks rob your body of water and contribute to dehydration. 33% of beverages consumed by adults cause dehydration. So, drink WATER to help reduce muscle strain and fatigue....even in the office environment.



SAIF Ergo Assessor Training Date

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

For more Info Contact:
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Ergo Factoid

The revised 2003-05 Administrative Restrictions, amended October 2004, under "Office Furniture" state that: "Purchases of ergonomic furniture must be supported by an ergonomic assessment." Complete document: http://egov.oregon.gov/DAS/FAC/docs/rev_admin_restrict.pdf. (Admin. Restriction 2003-05)

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.ergonomics-information.com

May Ergo Assessor Graduates

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

DAS: Suzanne Brean, DCBS: Kami Luke, DHS: Carla Sutters, Eugenia Cox, Kit Dickey, MP Meekins, DOJ: Adriana Houghton, Phyllis Nelson, DOR: Christina Stinson, ODF: Rebecca Edmison, ODOT: Sunday Alberding, OR Housing: Colleen Snarski