

# The Ergonian

A monthly newsletter for the Oregon State Agency office ergonomic community

August 2005

## Does Personal Protective Equipment (PPE) Really Exist in the Office?

This has long been a question of debate, and while opinions vary, I offer this thought:

**YES!!!**

In the working environment, outside of the office, it is not uncommon to see workers wearing safety glasses, steel toed boots, or specialty clothing....and all to protect the employee from injury.

So, how about office settings? We know that ergonomic related injuries are one the leading causes of workplace injuries. Therefore, from a prevention standpoint it only makes sense to figure out how to protect our most valuable resource: YOU!

Here are some ideas from a PPE perspective for the office environment:

- Use a document holder, placed between the keyboard and monitor, to keep documents lined up.
- Know how to adjust your chair, keyboard, monitor, etc to fit you.
- Wear a headset instead of cradling the phone between your ear and shoulder.
- Use a footrest to keep your feet from dangling off your chair.

These are just a few examples of PPE in the office environment. Remember, it's PERSONAL (meaning you) PROTECTIVE (to prevent injury) EQUIPMENT (items such those as listed above).

## SAIF Ergo Assessor Training Date

September 20th, 8:30am –  
12:30pm  
@ SAIF Corporation

For more Info Contact:  
wenqui@saif.com

## What is the big deal regarding chair casters?

Chair casters are the rolling wheels on the chair which make it move. Chair casters are generally designed to work on carpet (hard plastic casters) or hard services (softer tread casters). Check out the floor surface and your chair caster to make sure they are compatible!

## 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)

## Ergo Assessor Graduates

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

DCBS - Judy Tucker; DHS - Cindie Houston & Connie Whitman