

The ERGOnian

A monthly newsletter for the Oregon State Agency office ergonomic community

August/September 2006

The remarkably amazing, footrest

Footrests are amazingly simple and yet by elevating your feet just a few inches they can increase circulation and take the pressure off your legs and back (even your neck and shoulders). They do it by providing a stable platform on which you can rest and move your feet, toes and ankles.

Purpose: The purpose of the footrest is to support the employee in obtaining a neutral body posture during seated office work. A preferable footrest will allow different positions or movement of the legs and feet reducing static postures throughout the day.

You may ask – “Are there drawbacks?” As with any product, there is always a potential for drawbacks (or no value added) if not used correctly. One of the drawbacks is when footrests are used to compensate for a chair that is too high. Substituting a footrest for more appropriate measures such as lowering the chair and/or work surface is not a good alternative. However, there are instances in which desks or countertops that are being utilized do not have the capability of being lowered due to their stationary design, such as customer service counters, intake counters, laboratory counters, etc. In these types of situations, where a tall chair must be utilized, footrests can help to facilitate leg support (however they may limit the full range of leg postures). One other potential drawback is that the footrest can create a tripping hazard if they are not situated directly underneath the desk.

Task chairs designed for high countertops can attach a footrest that is designed specifically for this type of chair. This type of footrest is usually constructed of heavy duty steel and attaches to most task chair cylinders. It is height adjustable and provides support even when the chair swivels.

Next SAIF Ergo Assessor Training Date

October 17, 2006
8:30 AM to 11:30 AM
@ SAIF Corporation

To register online:

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

The following link shows a variety of footrests including those needed for task chairs:

<http://www.keysan.com/ksu1a26.htm>. Always remember to check with your purchasing agent/facility manager or other required authorizing personnel before making a purchase.

Resource Center

<http://www.oregon.gov/DAS/SSD/Risk/T raining.shtml>

<http://www.oregon.gov/DAS/SSD/Risk/ergo guide.shtml>

<http://www.cbs.state.or.us/external/osh a/pdf/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-Marlene Richardson; **DEQ**-Liz Waddle; **DHS**-Cynthia Chambers, Joe Lyson, Aldene McCaw, Missy Sifford, Shelley Veroneau; **DOJ**-Jennifer Grover, Kimberlee Kastl, Lisa Kershaw, Jennifer Slater; **DOR**-Christy Cornish, Sandy McLernan, Rita Wren;

Library-Andrea Blake; **ODOT**-Monica Dwyer-Sinfield, Brian Lidtke;

ODVA-Lilia Putintsev; **OPRD**-Colleen Rogers; **OSP**-Luann Allison