

The ERGOnian

A monthly newsletter for the Oregon State Agency office ergonomic community

April 2007

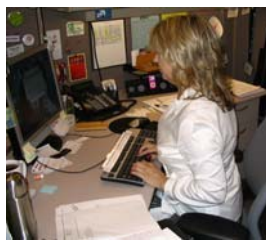
Computer Keyboard Distance

A keyboard placed too far or too close to an employee's body may cause him/her to assume an awkward body posture. Examples of awkward body postures would be:

1. Reaching with the arms (*See first picture*)
2. Leaning with the torso (*See first picture*)
3. Extreme elbow angles (*See second picture*)



Elbow is too far away from the body, placing strain on the shoulders and upper back.



Elbow is behind the body, placing strain on the wrists, shoulders and upper body.

Potential solutions:

1. An adjustable keyboard tray may be helpful in changing the distance and height of the keyboard. Place the keyboard tray one to two inches lower than the elbow-to-floor height measurement. Make sure the keyboard tray is placed at a slight negative tilt or flat.
2. Make sure the keyboard is placed directly in front of the employee. The employee's elbows should also be close to his/her body with forearms parallel to the floor.
3. Observe how the employee is placing his/her arms on the chair. If employee is utilizing the arms of the chair look to see where his/her

Next SAIF Ergo Assessor Training Date

May 15, 2007
8:30 AM to 11:30 AM
@ SAIF Corporation

To register online:

http://www.saif.com/employer/TrainingCalendar_515.asp

Computer Keyboard Distance

(continued)

elbows are placed. If the elbows are away from the body, encourage the employee not to use the arms of the chair. Also, be aware that the employee may be adding a rubbing point when using the arms of the chair which could lead to discomfort.

As an office ergonomic assessor it is important to note how workers use their tools (e.g. keyboard, chair, desk, peripherals, etc.) Making small adjustments can make a world of difference for an employee.

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/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!

DAS: Patti Carroll

DCBS: Mary Garcia

DHS: Lisa Bathke, Christine Garren, Bonnie Cave

DOJ: Samantha Smith

ODF: Jackie Templeton

ODOT: Kate Black, Collin Ansell

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