

The ERGOnian

A monthly newsletter for the Oregon State Agency office ergonomic community

March 2007

Sit-Stand Work Stations

The ergonomic benefit of sit-stand work stations is often a popular topic of discussion. There are tasks where standing is typically preferred: work which requires a person to lift loads and alternate postures frequently, tasks requiring a large work area to be covered and tasks involving frequent application of downward forces. Some workers with back conditions also benefit from temporary periods of standing work stations.

Logically, the real benefit of sit-stand is just that, changing between sitting and standing. Extended periods of standing for most people is uncomfortable and just as potentially harmful as extended periods of sitting. When you stand in one spot with all of your body's weight on your feet, blood pools in your lower extremities and stresses your, back, feet, legs, lower body and heart. Muscles repetitively tense and relax in an effort to maintain body balance and to help pump blood up to the heart. The desire to pace, shift your weight from side to side and/or sit is the unconscious reaction to these stressors.

The most effective way to obtain the benefits from sitting and standing is for people to sit in a good neutral posture and then intermittently stand and move around doing other things, like filing papers, making phone calls, getting coffee, making photocopies etc.) rather than trying to do all of their work tasks while standing.

Next SAIF Ergo Assessor Training Date

April 17, 2007
8:30 AM to 11:30 AM
@ SAIF Corporation

To register online:

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

Micro breaks will also help you add crucial movement to your day. For every 20 minutes seated at your desk take a 20 second micro break. Stand and stretch, shake out your hands and arms, focus your eyes on something 20 feet away and take a few deep breaths.

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!

DHS – Doug Stewart; **DOJ** – Kara Adams;

DPSST – Ron Fox; **LCD** – Tammy Palmer;

ODOT – Laura Drake, Colleen Spindler;

OJD – Jennifer McQuain