

Ergonomics

A SERVICE FOR STATE AGENCY OFFICE ERGONOMIC ASSESSORS

MAY 2007

NEXT SAIF ERGO ASSESSOR TRAINING DATE

June 19, 2007
8:30 a.m. to 11:30 a.m.
SAIF Corporation
Conference Center
480 Church St SE
Salem

To register online
visit saif.com Employer
Guide Training Calendar

ONLINE RESOURCES

www.oregon.gov/DAS/SSD/Risk/Training.shtml

www.oregon.gov/DAS/SSD/Risk/ergoguide.shtml

www.cbs.state.or.us/external/osha/pdf/pubs/1863.pdf

www.ergonomics-information.com/

www.saif.com/employer/employer_safety_guides.htm#E

Please note:

A fair amount of coordination is required to safely get in and out of the kneeling chair because one has to negotiate the support in front of the knees, as well as the pad supporting the shins. First attempts at using a kneeling chair may result in tripping and/or injury

400 High St SE
Salem, OR 97312
P: 800.285.8525

KNEELING CHAIRS

Kneeling chairs were invented in Norway in the 1970s. They are also known as "balance chairs," "knee chairs," or even "Scandinavian/Swedish/Norwegian chairs." The kneeling chair is designed to mimic a posture similar to that of one standing. Part of this posture is accomplished by tilting the seat forward about 30 degrees. The original thought was that the tilted seat would result in the spine being placed in what is called "neutral," or similar to the position one with good posture would take while standing.

The kneeling chair may appear attractive to those looking for an alternative chair to eliminate stress on the lower back. Buyer beware: those with poor upper body posture will not find a benefit to this chair since it has no backrest and will not correct hunching- a common cause of low back pain.

Others risks associated with this style of chair include over flexion of the knees and ankles, limitations to the number of possible sitting positions, earlier development of fatigue from slouching, and reduction in the users range of reach.

A good adjustable ergonomic office chair can be adjusted to incorporate the 30 degree open, or forward tilt, that made the kneeling chair a consideration for those with low back pain complaints.



If you would like more information on kneeling chairs or assistance in adjusting a chair into an open tilt please contact your SAIF loss control consultant.

Bonnie Robbins 503.373.8119
Michelle Harper 503.373.8317
Mike Wolff 503.373.8104

ERGO ASSESSOR GRADUATES

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

Basic Class:

Christine Lewis (Lanoza)
BOLI

Joyce Snyder
DAS

Anita Spore
DCBS

Liliya Arnautov
Victor Hill
Brent Coffey
Chris Jackson
Cynthia Bradley
DHS

Angie Sifuentez
Lesa Sanders
Sarah Wiley
DOJ

Gary Morris
OJD

Jill Hoshaw
OSP

Next Step:

Amber Daniels
ODA

Ron Fox
DPSST