LET'S TALK ABOUT OFFICE ERGONOMICS - POINTS BEYOND TODAY’S GUIDELINES (WORKSHOP)

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1. Objectives

Many of us as practicing ergonomists have done office ergonomics evaluations. We often give our clients recommendations and trainings based on currently available office ergonomics guidelines (e.g. How to make your computer workstation fit you, by WorkSafe BC, Office Ergonomics: Guidelines for preventing Musculoskeletal Injuries, by WorkSafe NB, Guideline on Office Ergonomics, by Canadian Standards Association, etc.) in order to improve musculoskeletal health conditions among office workers. It would be interesting to see how successful we are or sad to learn how unsuccessful we were. Either way the information about our past work in office ergonomics interventions would help us in improving our future ergonomics practices in the office environment.

Just like the rapid advances of computer technology, office equipment and technologies that are used to better the ergonomics of office work and knowledge of ergonomics improvements for office workers are keeping updated. How do many of the new office equipment (e.g. ergo keyboard/mouse, office ball, treadmill workstations, etc.) work, and how many of us have applied some of the new concepts (e.g. using negatively tilt keyboards) in our recommendation and do they really work? These might be some of the questions that many of our ergonomics practitioners have in our minds.

The objectives of this workshop are to gather practicing ergonomists together to share our experiences in office ergonomics interventions, discuss results of some new research studies on evaluations of office ergonomics interventions, and update our knowledge on office ergonomics practices.

2. Length of Workshop

The duration of the workshop will be 3.5 hours (half day).

3. Target Audience and Expected Level of Interest

This workshop is designed for ergonomists, safety and health specialists, physical therapists and other safety practitioners who practice office ergonomics, and managers who are responsible for the health of office workers. It will also be beneficial to students who plan to consider ergonomics as their future career. The level of interests among this group of people should be high because that musculoskeletal problems related to office work is very prevalent, and from my previous experiences of offering similar workshops.

4. Type of Room and/or Facilities Required

No special requirement.

5. Materials Needing to be Provided (if any)

None.