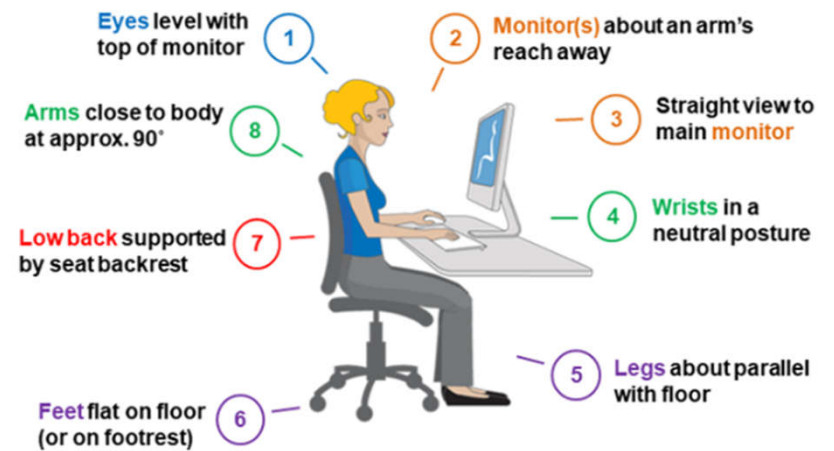




Ergonomic Workstation Assessments



MARTIN ROBB

martin@humanfactorsapplications.com



Human Factors Applications

ASSESSMENT METHOD

- In-person workstation assessments, made using structured evaluation:
 1. Introduction to aims of assessment
 2. Collection of relevant details including length of job and any discomfort
 3. Evaluation of workstation
 4. Remedial adjustments
 5. Recommendations for further improvement.





Human Factors Applications

RECURRING ISSUES

- Workstation height too high (29-30” throughout office)
 - Poor wrist posture – a risk factor for carpal tunnel injury
- Recommend:
 - Lowering working height per BIFMA guidelines (but storage a problem), or
 - Adding a keyboard tray, or
 - **Adding an “Ergotron” or similar height-adjustable solution.**

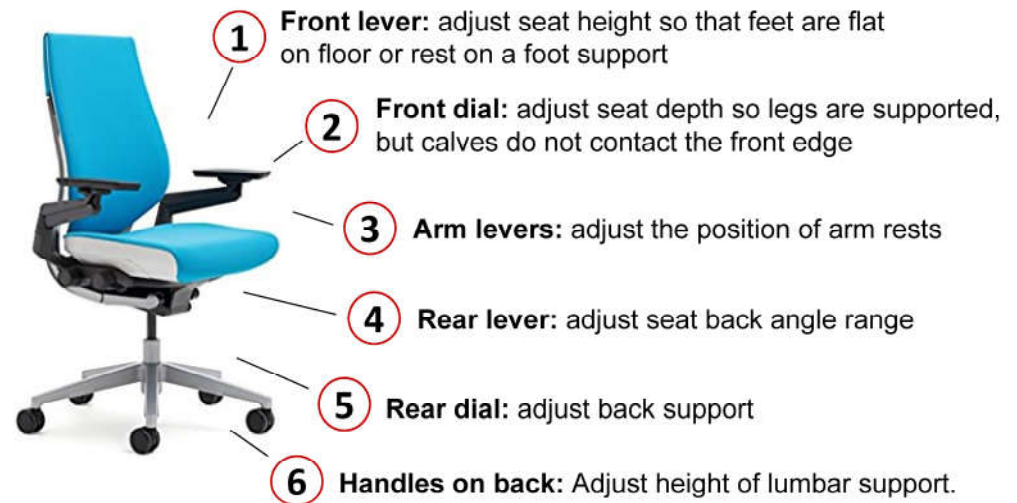




Human Factors Applications

RECURRING ISSUES

- Chairs that are not properly adjustable
- Recommend a fully adjustable office chair such as those shown below





Human Factors Applications

RECURRING ISSUES

- Footrests
- Keyboards with separate keypad
- Document holders.





Human Factors Applications

HOUSTON, TX

Martin Robb

+1 713 402 8895

martin@humanfactorsapplications.com