

Ergonomics

FOR STATE AGENCY AND PUBLIC UNIVERSITY OFFICE ERGONOMIC ASSESSORS

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saif.com

Mobile worker ergonomic risks and solutions

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Mobile electronic devices now allow workers to move away from the traditional workplace. As more employers embrace technology to do their work, it would be prudent to consider ergonomic risk factors involved with this transition. A number of postures are associated with such mobile devices as laptops, tablets, and smart phones.

You may often see employees hunched over devices with their hands in a cramped position like the “Stressed” photo below. Including a few peripherals in employees’ mobile worker kits can help them move into the “Better” position, also illustrated below. Often we budget only for a mobile device and data plan, but these items should also be taken into consideration.

A laptop or tablet stand allows a mobile

worker to adjust the monitor height, helping keep the head aligned over the shoulders in a neutral or restful posture.

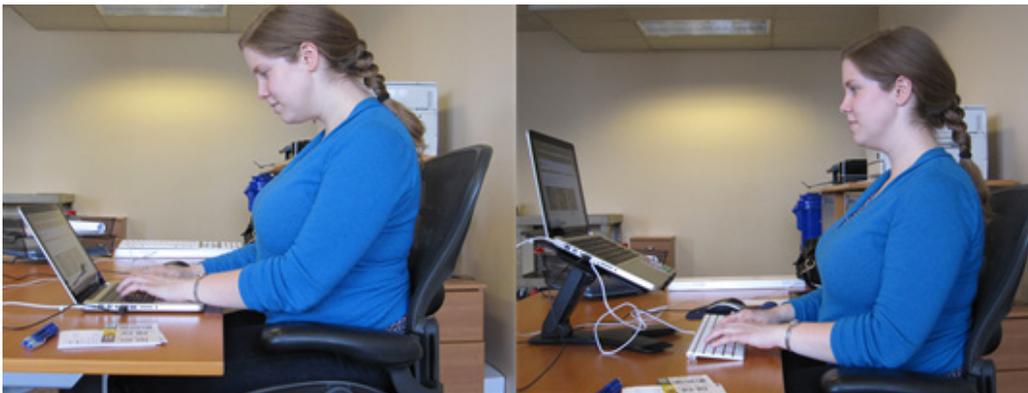
An attachable or wireless keyboard allows the employee to place the keyboard in a position that lets the elbows rest more naturally at the side. The hands and wrists also are in a more neutral posture or position.

Finally, providing a wired or wireless mouse provides an opportunity to move the keyboard closer, which may help improve productivity.

The good news is that cost of these items has decreased, which makes creating a mobile ergonomic kit more economically feasible. The best news is that employees can work in better ergonomic positions throughout their workday.

Stressed

Better



Upcoming Economics Assessor Trainings

Basic Ergo Assessor

January 13, 2016 | Salem
 March 23, 2016 | Salem
 May 25, 2016 | Salem

For locations and to register online, visit saif.com

Online Resources

[State of Oregon Office Ergonomic Consensus Guidelines](#)

[Oregon OSHA Ergonomics Publications](#)

[OSHA.gov Computer Workstations eTool](#)

[SAIF Corporation Safety Topics](#)

Recent Ergo Assessor Graduates

Congratulations to the following employees who completed their required assessments for Office Ergonomic Assessor certification.

James Burke | OHA
 Justin Dittman | OSH
 Lynn Gutierrez | DHS
 Robert Littrell | DOE

Hannah Jennings-Voykovich | Simple Finance
 Murray McNeil | DAS
 Harry Metellus | DOJ
 Tiffany Sammons | DOJ

Melissa Snyder | Simple Finance
 Emily Spicer | DHS
 Stephenie Strong | DHS
 Brad Wood | DOJ