

FEATURED ARTICLE



Office Ergonomics and the Proper Way to Arrange Your Workstation

Office ergonomics is a routinely overlooked hazard that workers face today. Often times even the workers themselves are unaware of the hazards they are dealing with when it comes to a full time office job. Everyone gets aches and pains and they are often disregarded and ignored until they go away. What if they do not go away?

Knowledge is power when it comes to protecting yourself or your fellow office members from the strains of office ergonomics. Working in an office full time can lead to minor injuries such as muscle strains and sprains all the way to Tendinitis and Carpal Tunnel Syndrome.

There are many ways to alleviate the risk of these jobs and it all starts with awareness of the issue and willingness to participate in making your work station safer. For example;

Desk Workers: Find your natural posture. Find the position to where your back is straight, arms relax naturally and head can rest facing forward. You should not be reaching, bending or leaning over or looking up or down at your monitor.

This can be done by raising or lowering your monitor, using monitor stands or lowering or raising your chair. Place your mouse and keyboard in a manner to promote relaxation.

Monitors that are too close or too far can lead to a form of leaning or bending over creating tension and soreness in the back muscles. The back is the foundation to proper posture and reduction of ergonomic risk. If the back can maintain proper posture then the head/neck and arm are easy to maintain.

Adjust your chair to the proper height where your arms can utilize the keyboard and mouse properly without unnatural displacement as well as monitor alignment with your natural view.

Tension is the leading cause of muscle tightness and aching which could lead to a strain or sprain when exerted. When a work station is not setup properly, this leads to tension when reaching, leaning or slouching.

Overall, adjust your workstation and adapt it to your needs and natural comfort, do not adjust yourself to meet the setup of your desk. You must maintain a conscious commitment to your proper posture until your muscle memory takes control.

One of the biggest ways to make the workplace safer and obtain ergonomically friendly equipment is to get your management team involved. This can be done by pitching to management from the worker position on how important it is to implement an office ergonomic initiative to increase worker safety, productivity and moral.

Provide proper training to personnel on routine basis and encourage early reporting of symptoms so actions can be taken to alleviate the issues prior to a major injury occurring.

Reference: www.OSHA.gov

OUR SERVICES

Job Specific Rehabilitation

Work Conditioning/Hardening Programs

Functional Capacity Evaluations (FCE)

Fit for Work Assessment

Post Offer Pre-Employment Screening (POET)

Job Demands Analysis (JDA)

Job Transfer Testing

Preventative Maintenance Testing for the Aging Workforce

Fitness Programs for the Industrial Athlete

Ergonomic Workstation Assessments

Ergonomic Hazards Analysis

On Site Therapy Support

Educational Programs (CEU's)

“An integrated approach towards the evaluation, management & treatment of soft tissue injuries in the workplace.”



Covering 170 square miles and 73 campuses with 13 other sites, FBISD is the single largest employer in Fort Bend County with approximately 8,500 full time, 600 part-time and 1,300 substitutes.

Obviously transportation of the students is a logistical challenge and keeping drivers and faculty healthy and on the job is a priority to keep everything running smoothly. A keen understanding of the workplace, the essential job demands and the return to work goals is of utmost importance in reducing loss time and overall injury costs.

The development of a medical and clinical team directed at ensuring early recovery is integral to the success of all return to work efforts. Communication between the physician, therapist and employer is the only way to develop a consistent program and initiative for the employee post injury.

“I appreciate Action Physical Therapy’s services not only because of the courteous staff, but mainly due to the prompt, quality care of my patients and timely progress reports/feedback from the providers. Action PT is an indispensable nationally.” K. Hurt - Health & Safety Williams-Sonoma Executive Team.

In most localities the school system and municipalities represent the largest employee base and also the largest challenges due to diversity of positions and work demands. Subsequently the need for geographical coverage to provide care to each of these employers is a necessity to ensure quality care can be delivered as close to their homes as possible.

“We are pleased that our team at Action Physical Therapy has embraced the concept of Fit2WRK and provided job specific rehabilitation to FBISD employees. Their focus on building a safer and healthier community is why we have been so successful across the country. The above combined with seamless communication between all parties in the continuum of care is essential for a safe and sustained early return to work program.”

R. Gagne, VP Disability and Workers Compensation, USPT

The term “Ergonomics” was derived from the Greek words “Ergonomos” or “Ergo” (work) “nomos” (Law). This word was altered and adapted by the UK where it became known as Ergonomics. In turn it was adapted into the US.

A Post Offer Pre-employment screening ensures a worker is able to perform the duties of the job and perform them safely.

Fit2wrk is featured on
PTandMe.com



An informational site for patients interested in or considering physical, occupational, and/or hand therapy.