

# Office Ergonomics

(or how I learned to stay healthy and productive at my desk)

---

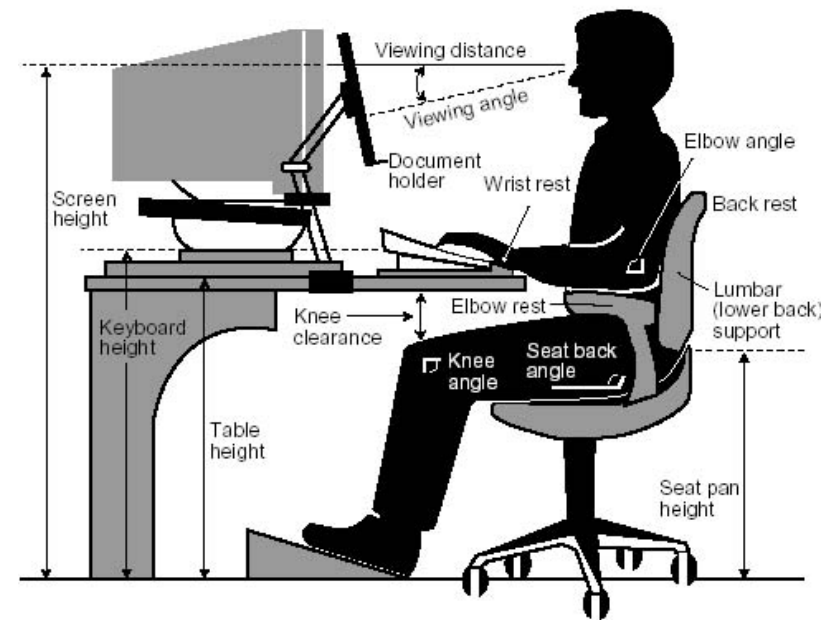
MALENDIA MACCREE, SAFETY SPECIALIST

UC – ANR RISK AND SAFETY SERVICES



# Ergonomics

- How humans interact with their environment & equipment
- Office ergonomics
  - Computers
  - Desks,
  - Cubicle/office
  - Workflow
  - Stairs, Doors, Windows, Walkways, Traffic



# Sitting – Benefits and Challenges

---

- **Benefits:**

- Uses less energy
- Allows for fine motor skills and mental focus

- **Challenges:**

- Seating surface influences posture and circulation
- Over-relaxation
- Static postures



# Sitting – What to do...

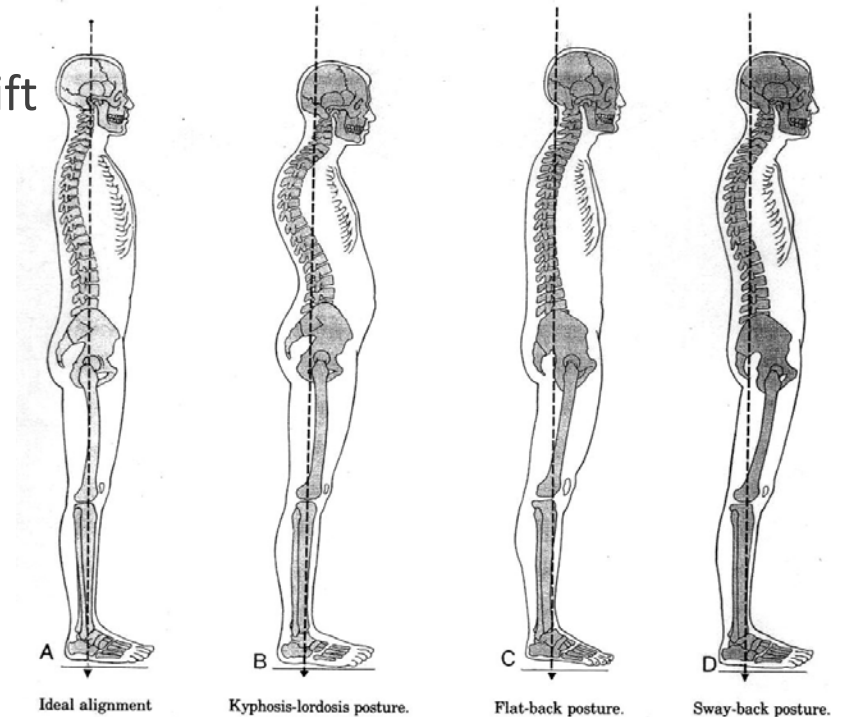
---

- Pay attention to your breath
- Be aware of habitual postures
- Keep both feet on the floor (or footrest)
- Maintain balance and open angles
- Move/adjust your chair throughout the day
- Look up and away from your monitor (20-20-20)
- Take regular breaks to stand and move around
- Stretch and relax your arms and hands every 30 – 60 min



# Standing – Benefits and Challenges

- Benefits:
  - Allows for more movement and weight shift
  - Maintains active muscle engagement
- Challenges:
  - Pressure on feet, shoes matter
  - Uses more energy than sitting



# Standing – What to do...

---

- Sit down periodically
- Wear supportive shoes
- Maintain balanced and relaxed legs
- Maintain pelvis in neutral position
- Explore weight shifts, knee bends, and foot position
- Look up and away from your monitor (20-20-20)
- Stretch and relax your arms and hands every 30 – 60 min



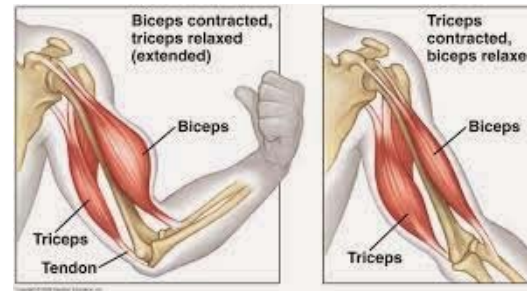
# Moving – Benefits and Challenges

- Benefits:

- It's what your body is 'built' for!
- Cardiovascular fitness
- Muscle tone and bone density
- Mental focus/emotional resilience

- Challenges:

- Disruption (time and motion)
- Mobility issues
- Weather
- Boredom/Motivation



# Moving – What to do...

- Be gentle with yourself
- Hold your head up
- Wear supportive shoes
- Maintain pelvis in neutral position
- Maintain forward momentum with arms
- Use activity trackers or cell phone apps
- Enjoy friendship or solitude breaks
- Be creative and explore new activities

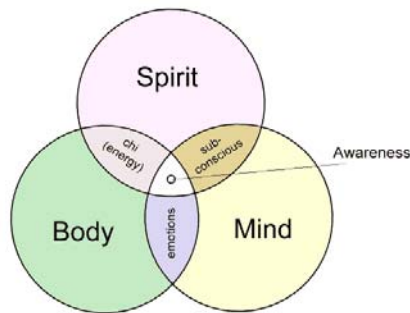


© Mayo Foundation for Medical Education and Research. All rights reserved.



# Awareness and Wellness

- Check out this month's Safety Spotlight for tips and tools
- Nurture yourself - prioritize healthy eating, sleeping, and rest
- Consider mental or emotional triggers/associations
- Pay attention to your patterns and habits (mental and physical)
- Seek new experiences (new perspectives support new habits)



# Tools and Resources

---

- Assessment:

- Explore online tools & guides

[http://safety.ucanr.edu/Safety\\_Training\\_Resources/Ergonomic\\_Training/](http://safety.ucanr.edu/Safety_Training_Resources/Ergonomic_Training/)

<https://www.osha.gov/SLTC/etools/computerworkstations/positions.html>

- Contact EHS

[http://safety.ucanr.edu/Safety\\_Training\\_Resources/Ergonomic\\_Training/Ergonomic\\_Assessment/](http://safety.ucanr.edu/Safety_Training_Resources/Ergonomic_Training/Ergonomic_Assessment/)



# Ergonomics Program Updates

---

- New EHS staff – (Mary) Malendia Maccree
- New employee ergonomic reviews (Davis)
- Desk height adjustments in Davis Office
- Online assessment and contact forms
- Program review – your input and action is important!

[mmmaccree@ucanr.edu](mailto:mmmaccree@ucanr.edu)

[http://safety.ucanr.edu/Safety Training Resources/Ergonomic Training/](http://safety.ucanr.edu/Safety_Training_Resources/Ergonomic_Training/)

