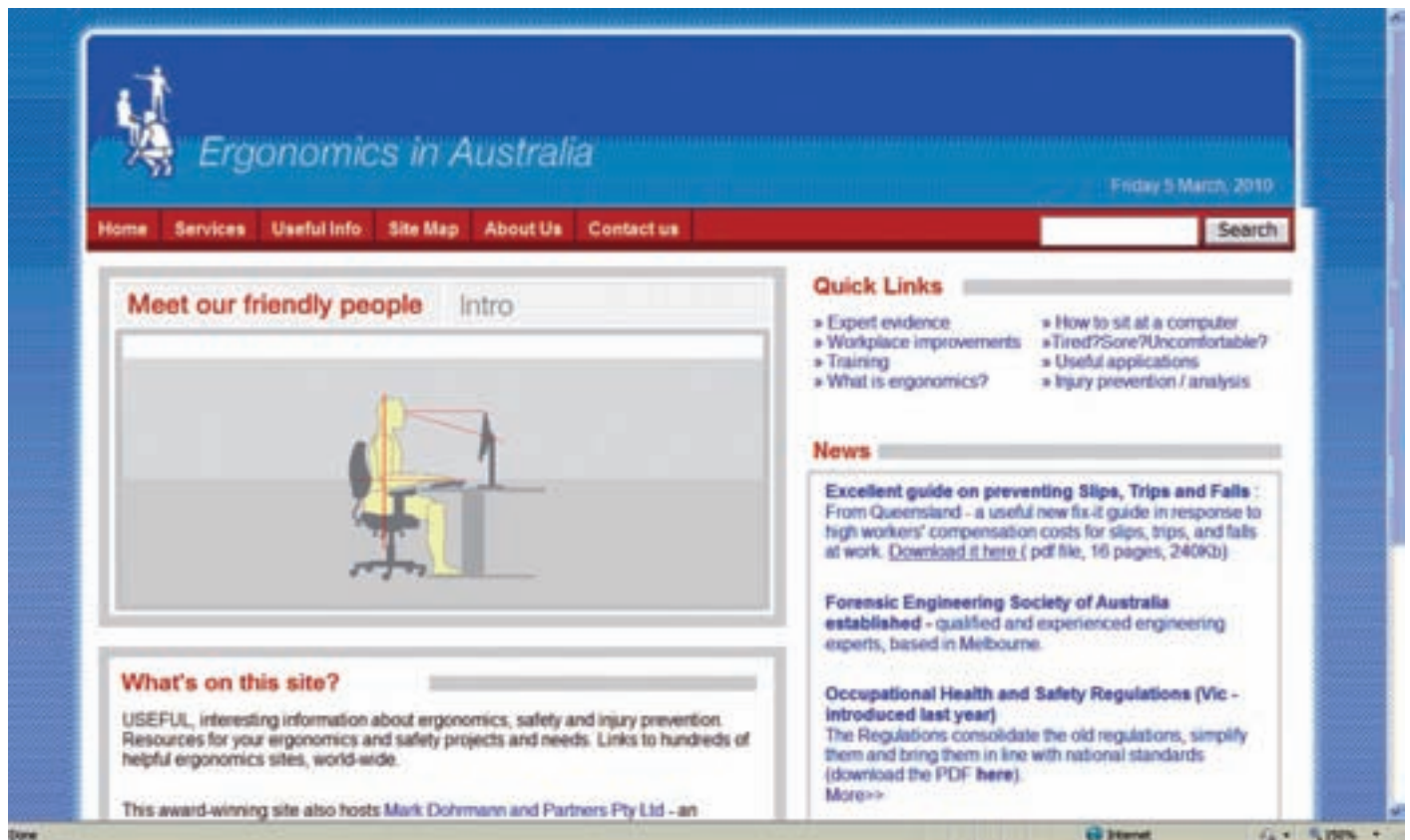


## Ergonomics in Australia

[www.ergonomics.com.au/index.htm](http://www.ergonomics.com.au/index.htm)



**S**afety and injury prevention are among important issues to be carefully considered by managers and employees. Ergonomics is the science of designing the workplace, job, and equipment to fit the worker. Ergonomic design and institution of ergonomic measures are essential to prevent repetitive strain injuries, which can develop over time. These frequent micro-traumata can ultimately lead to long-term disability.

One of the Web sites providing information on ergonomics is *Ergonomics in Australia* available from [www.ergonomics.com.au/index.htm](http://www.ergonomics.com.au/index.htm). There are several useful links on the site. As an example, in "How to sit at a computer" ([www.ergonomics.com.au/pages/400\\_useful\\_info/420\\_how\\_to\\_sit.htm](http://www.ergonomics.com.au/pages/400_useful_info/420_how_to_sit.htm)), in four steps, using good simple illustrations, the important points are described. The topics are mostly described in simple language so that they can be used as educational materials as well.

The screenshot shows the website 'Ergonomics in Australia' with a navigation menu and a main content area. The main content area is titled 'HOW TO SIT AT A COMPUTER' and features a diagram of a person sitting at a desk with a chair. The diagram shows the chair's backrest reclined at an angle between 100° and 110°. Below the diagram, there are two sections: 'STEP 1: Your Chair' and 'STEP 2: Your Keyboard'. The 'STEP 1' section includes a list of instructions for adjusting the chair. The 'STEP 2' section includes a diagram of a keyboard tray and text explaining its benefits and usage.

**Ergonomics in Australia** Friday 5 March, 2010

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**USEFUL INFO** **HOW TO SIT AT A COMPUTER**

What is ergonomics?  
 How to sit at a computer  
 Useful applications  
 Injury prevention / analysis  
 Legislation - safety  
 Other information  
 Useful links  
 Courses  
 Employment  
 Professional Societies

**How to sit at a computer: useful advice from Mark Dohrmann and Partners**

**STEP 1: Your Chair**

- Push your hips as far back as they can go in the chair.
- Adjust the seat height so your feet are flat on the floor and your knees equal to, or slightly lower than, your hips.
- Adjust the back of the chair to a 100°-110° reclined angle. Make sure your upper and lower back are supported. Use inflatable cushions or small pillows if necessary. If you have an active back mechanism on your chair, use it to make frequent position changes.
- Adjust the armrests (if fitted) so that your shoulders are relaxed. If your armrests are in the way, remove them.

**STEP 2: Your Keyboard**

An articulating keyboard tray can provide optimal positioning of input devices. However, it should accommodate the mouse, enable leg clearance, and have an adjustable height and tilt mechanism. The tray should not push you too far away from other work materials, such as your telephone.

**AVOID OVERREACHING!**

Another useful link is the “Useful applications” available at [www.ergonomics.com.au/pages/400\\_useful\\_info/430\\_useful\\_applications.htm](http://www.ergonomics.com.au/pages/400_useful_info/430_useful_applications.htm) describing office ergonomics checklist, handle design, home office setup, etc. With several pages, the site contains a large pile of information—both technical and non-technical—and can be a good place to find answers to many of your questions. The site also provides information on safety legislations, rules and regulations and many links to other useful resources ([www.ergonomics.com.au/pages/400\\_useful\\_info/720\\_useful\\_links.htm](http://www.ergonomics.com.au/pages/400_useful_info/720_useful_links.htm)). However, as expected, many of the legislations, rules and regulations provided in this site are those of Australia and might not be applicable in other countries.

*The IJOEM*