Implementing Workspace Ergonomics

Avoid Repetitive Movement

- Alternating movements will help to decrease the risk of injury to overworked muscles.
- Those who are required to participate in multiple phone calls throughout the day may consider using a headset or earbuds to avoid neck strain.

Take a Break

- Take five minutes every hour to move or stand. Consider taking a brief walk, stretching, or meditation.

Create a Comfortable Environment

- Avoid lights that cause glare on your computer screen.
- Maintain an office temperature that is comfortable.

Workspace Ergonomics

With a few simple changes in your workspace you can avoid unnecessary pain experiences.

PAMI
Pain Assessment and Management Initiative

Contact us

For more information on PAMI visit:
http://pami.emergency.med.jax.ufl.edu/
Email: emresearch@jax.ufl.edu
or scan the QR Code:

PAMI
Discharge Planning Toolkit for Pain

Workspace Ergonomics

- Workspace ergonomics focuses on designing a workspace that maximizes productivity and comfort for the working population.

- This includes using your:
  - Phone
  - Computer
  - Tablet
  - Desk
  - Gaming console
  - Electronic devices

- Implementing ergonomics in your workspace may help avoid stresses on your body that lead to pain and discomfort.

- Over time ergonomic-related stresses on your body may injure your muscles, nerves, tendons, ligaments, joints, and spinal discs. These types of injuries are called Musculoskeletal Disorders (MSDs).

Complications of Poor Workspace Ergonomics

Musculoskeletal Disorders

- Carpal tunnel syndrome
- Rotator cuff syndrome
- Sciatica
- Tendonitis
- Herniated spinal disc
- Low back pain
- Chronic neck pain

Symptoms Related to Musculoskeletal Disorder

- Joint pain or inflammation
- Swelling or stiffness
- Tingling, numbness or burning
- Back or neck pain
- Shooting or stabbing pain
- Loss of coordination or strength

Implementing Workspace Ergonomics

Utilize Good Posture

- Avoid leaning forward or slouching in the workspace.
- Move the computer monitor and keyboard close to avoid neck strain.
- Adjust chair and/or desk height to ensure wrists and elbows are in a neutral position.
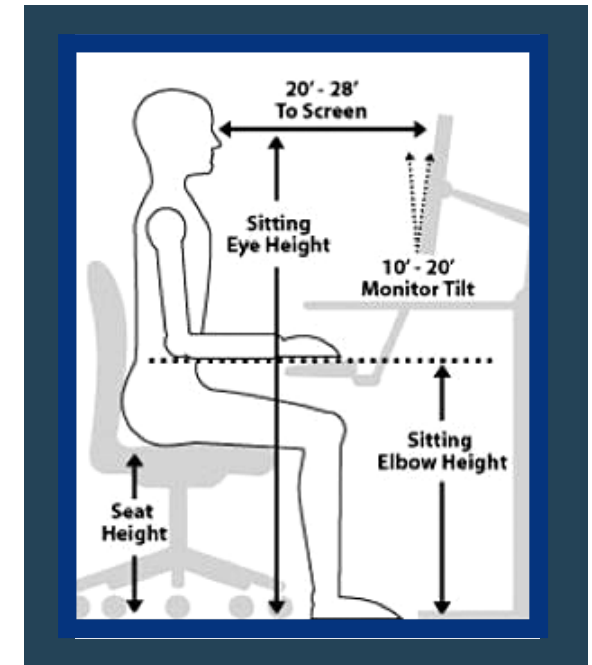
Adjust Screen Height

- Position the computer monitor at eye-level, minimize glare, and adjust contrast/brightness to avoid eye strain.