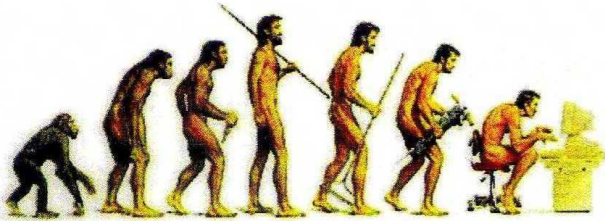


# HSE Flash



The Evolution of Posture.....The De-Evolution of Posture

## Tired? Sore? You can do something!

**Make your work place - work for you!**  
Did you know that many niggling aches can be reduced and possibly eradicated by making a few small adjustments to the way you work?

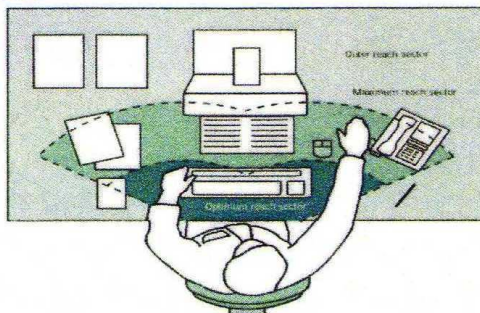
**Many people are unaware of how simple it can be to modify a workstation into a physically and organisationally better environment.**

### What is Ergonomics?

Ergonomics is the process of adapting an environment to **suit the needs of the user**. The aim is to find a match between the **work, worker and work environment**. This can be as simple as moving items on a desk; taking breaks; or adapting temperature controls.

### Commonly missed areas:

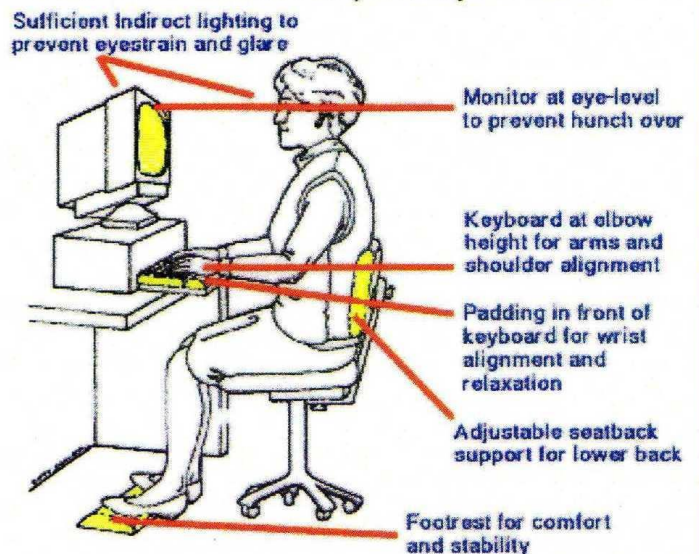
- **Work stress**
- **Work organisation**
- **Lighting and Glare**
- **Temperature**
- **Noise**
- **Desk layout**
- **Chair set up**



### How Can Ergonomics Improve OH&S?

- **Reduces the potential for injury and ill health;**
- **Reduces the potential for incidents; and**
- **Improves performance and productivity**

### Features of an Anatomically Friendly PC Station



### Occupational Overuse Syndrome

(OOS) is muscle or tissue damage characterised by discomfort and persistent pain in muscles, tendons and soft tissue in the upper body.

In a study by the Safety, Rehabilitation and Compensation Commission, **80% of survey respondents had some symptoms of OOS**. All of these people spent a significant period of time working at a computer.

### Risk Factors for OOS

- **Incorrect Design** of a Work Station
- **Physically repetitive work**
- **Poor use and availability** of ergonomic equipment

### Tips to Help

- **Take a break** – a break can be as simple as getting a drink or looking away from the computer.
- **Keep it close** – if you use it often, position it within arms reach.
- **Posture check** – 90° is the key for elbows, hips and knees. **You should feel comfortable.**
- If ergonomic equipment is helpful and available, **use it.**

contact your HSE Advisor or for further reading:  
<http://www.ergonomics.com.au>