

# OFFICE WORKSPACE ERGONOMICS

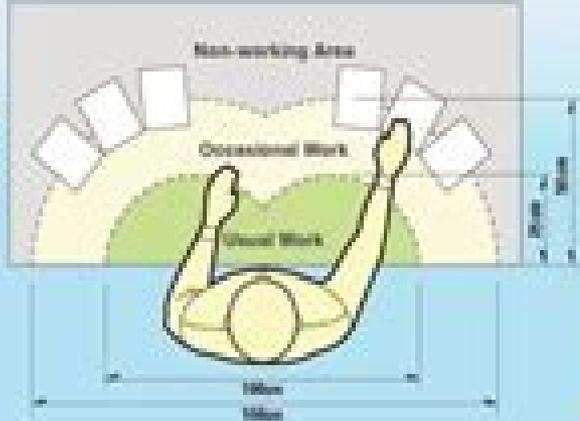
## THE DESK LAYOUT



## DESK ARRANGEMENT

Less frequently used equipment should be placed further away from the monitor.

Continually used items (equipment and documents) should be placed close to the monitor to reduce the reach distance.



## SITTING POSTURE



**Chair**

- Whether you are seated with the desk height, your feet should rest on a surface that allows them to be flat.
- Feet should be close to the ground in the case of children's equipment.
- Chair height should not prevent adequate hand support.

**Monitor**

- Monitor should be within eye line (15° of the horizon).
- Monitor should be directly in front of the monitor.
- Monitor distance should be 50-60cm away from the monitor screen height.

**Vertical movement**

- The horizontal position should be approximately 15cm (6in) from the edge of the desk.
- There should be enough space to allow for the monitor to tilt on the desk & swivel.
- The monitor should be parallel to the eye line above the desk top.

**Monitor adjustment**

- Allow space for adjustment and ensure user knows adjustments.
- Top edge is parallel with middle of screen.
- Swivelling/tilting function used when necessary.

**Chair back features**

- Monitor sits into the back of the chair.
- Monitor has adjustable back and lumbar support.
- Feet are level to the ground/level.
- Height can be adjusted to the ground.
- Monitor can sit on a chair with a fixed seat.

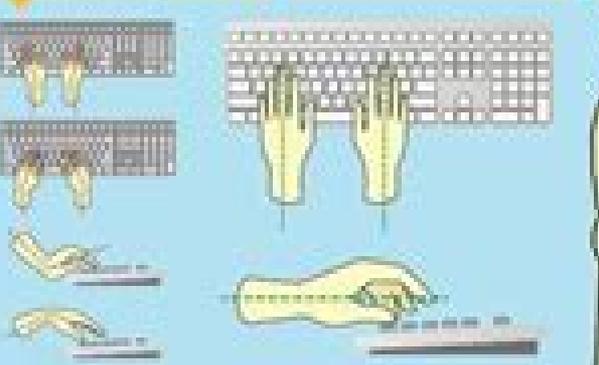
**Feetrest**

- Surface surface can not slide in places that block or the ground, all other places that are on the side that is more than the width of the feet.
- Adjustable height for the monitor and monitor and adjustable gear wheel.



**Hand positioning**

- Hand position is neutral.
- Monitor adjusted to the keyboard & allow for the hand to rest from 10-15cm.
- An anti-rotation is provided.
- Monitor sits flat on the mouse.



**Monitor adjustment (continued)**

- The screen should be parallel to the eye line when set in the correct working height.

...the monitor should be parallel to the eye line when set in the correct working height.

# Usfa Ergonomics Manual

**Ellen Kirschman**



## Usfa Ergonomics Manual:

**USFA Publications Catalog** United States Fire Administration, 2008      **Health and Wellness Guide for the Volunteer Fire Service**, 2004 From Book s Introduction Firefighting continues to be one of the nation s most dangerous and hazardous jobs with heart attacks high physical stress levels and sprains and strains all too common In the past five years the fire service has focused its attention on overcoming these issues by working to change the service s culture The National Fire Protection Association NFPA has spent much time redeveloping and revamping their health and wellness standards while career departments have been working with the International Association of Firefighters IAFF and International Association of Fire Chiefs IAFC on a wellness initiative that began in 1997 Volunteer personnel also face similar risks when it comes to health and wellness The nature of member time constraints and tight departmental budgets in the volunteer service often inhibits the creation of comprehensive health and wellness programs Implementing a comprehensive health and wellness program could overwhelm the resources of many volunteer departments Time lack of program leadership and insufficient funding pose serious challenges to most departments which often struggle to deliver basic fire suppression capabilities This guide provides the rationale and suggestions for successfully implementing a health and wellness program volunteer service It also addresses many common roadblocks      *Fire-Related Firefighter Injuries In 2004* U. S. Fire Administration, 2013-03-08 *Fire Related Firefighter Injuries in 2004* relies on data from the Nation s largest fire incident database NFIRS and on independent research from a variety of public and private organizations including the National Fire Protection Association NFPA      **Fire in the United States 1992-2001** ,      Handbook of Emergency Response Adedeji B. Badiru, LeeAnn Racz, 2013-08-22 Despite preemptive preparations disasters can and do occur Whether natural disasters catastrophic accidents or terrorist attacks the risk cannot be completely eliminated A carefully prepared response is your best defense Handbook of Emergency Response A Human Factors and Systems Engineering Approach presents practical advice and guidelines      **Fiscal Year 1998 Authorization of the United States Fire Administration (USFA)** United States. Congress. House. Committee on Science. Subcommittee on Basic Research, 1997      *Departments of Veterans Affairs and Housing and Urban Development, and Independent Agencies Appropriations for 1997: Federal Emergency Management Agency, Corporation for National and Community Service* United States. Congress. House. Committee on Appropriations. Subcommittee on VA, HUD, and Independent Agencies, 1996      Departments of Veterans Affairs and Housing and Urban Development, and Independent Agencies Appropriations for 1997 United States. Congress. House. Committee on Appropriations. Subcommittee on VA, HUD, and Independent Agencies, 1996      **Fire in the United States 1989-1998 (Twelfth Edition)** ,      *Universal Design Handbook, 2E* Wolfgang Preiser, Korydon H. Smith, 2010-10-11 The Latest Advances in Universal Design Thoroughly updated and packed with examples of global standards and design solutions *Universal Design Handbook Second Edition* covers the full scope of universal design discussing how to develop media

products buildings and infrastructure for the widest range of human needs preferences and functioning This pioneering work brings together a rich variety of expertise from around the world to discuss the extraordinary growth and changes in the universal design movement The book provides an overview of universal design premises and perspectives and performance based design criteria and guidelines Public and private spaces products and technologies are covered and current and emerging research and teaching are explored This unique resource includes analyses of historical and contemporary universal design issues from seven different countries as well as a look at future trends Students advocates policy makers and design practitioners will get a theoretical grounding in and practical reference on the physical and social roles of design from this definitive volume UNIVERSAL DESIGN HANDBOOK SECOND EDITION COVERS United Nations Convention on the Rights of Persons with Disabilities U S accessibility codes and standards including the Americans with Disabilities Act ADA Life safety standards and guidelines Universal design implementations in Norway Japan France Germany Brazil Italy and the Old City of Jerusalem Planning ADA implementation in public educational institutions Urban scale and mass transportation universal design Designing inclusive experiences including outdoor play settings Office and workspace design Universal design in home building and remodeling Products and technologies including autos web access media and digital content Universal design research initiatives education and performance assessments *Fire in the United States*, 1989

**Handbook of Superconducting Materials** David A. Cardwell, David S. Ginley, 2003 **FEMA Publications Catalog** United States. Federal Emergency Management Agency, 2000 *Hard Work* Brian J. Sharkey, Paul O. Davis, 2008 *Hard Work* Defining Physical Work Performance Requirements focuses on physically demanding occupations that require strength and stamina such as law enforcement structural and wildland firefighting mining forestry and the military It is the first book to examine the relationship of recruitment practices physical training and physical evaluation to the intricate environment of corporations labor organizations the legal system and employment rights *Hard Work* assists readers in making intelligent and informed decisions resulting in a safer healthier and more productive work force Authors Brian Sharkey and Paul Davis have spent more than 70 years combined researching worker performance in physically demanding professions *Hard Work* brings their perspective as exercise scientists to an examination of these factors Work requirements and capacity for physically demanding jobs Physical characteristics of the athlete worker including aerobic and muscular fitness Test development validation and utilization in employee selection Employee health and job related fitness Environmental factors affecting employee performance such as heat cold and altitude Respiratory protection and lifting guidelines Legal aspects of employment consequences of legal decisions and a proposed alternative to litigation By using case studies and real life examples of tests and programs the authors teach readers how to evaluate recruits and maintain employee health and safety The book also includes nine appendixes offering valuable perspectives on testing job related fitness policies procedures and performance assessment *Hard Work* Defining Physical Work Performance Requirements is organized into five parts Part I

begins with definitions of the physically demanding occupation and characteristics of workers available for employment. The legal aspects of employment are also considered including reference to age, gender, race, and disability. Part II examines the value of initial and periodic evaluations, the test development process, and issues related to testing. Additionally, part II contains an examination of the effects of court decisions and labor unions on the evaluation processes of both new and incumbent employees. Part III discusses implementation of recruit testing designed to determine those individuals who can and cannot perform the job. The inherent challenges in shifting from recruit testing to periodic tests for incumbents are described, and ways to evaluate the costs and benefits of testing and training programs are examined. In part IV, the values and limits of medical examinations and employee wellness programs are considered. Part IV also discusses work physiology and its relationship to performance and presents the job-related physical fitness program as the essential element required for preserving career-long performance and health. Part V discusses employee performance in extreme environments, respiratory protection devices, and their impact on the worker, and guidelines designed to reduce the risk of back injuries. It concludes with an examination of legal issues and a proposed alternative to litigation using a collective approach that avoids confrontation and biased testimony and saves taxpayer money.

*Hard Work: Defining Physical Work Performance Requirements* suggests how workers could benefit by working up to job requirements while maintaining their health, safety, and job performance. This unique text seeks to bring about a paradigm shift wherein workers are viewed as occupational athletes who, aided by effective recruitment, testing, and training, receive the necessary support to help them excel in their physically demanding workplace.

*Human Factors and Design* (Yuri Spirochkin, 2023-02-27) This book describes various manifestations of human factors when interacting with potentially dangerous technical systems: airplanes, launch vehicles, and spaceships; nuclear power plants; energy-saturated ground vehicles; and infrastructure facilities. The idea of the book arose from the desire to find a common ground between industries that are important for safety. Their similarity lies in addition to the technological advancement of products and solutions in equally high safety requirements, in particular, taking into account the influence of human factor. Thus, it is of relevance to analyze an impact of human factor in the context of safety. The matter is rather complex: on the one hand, humans manage technical systems; on the other hand, human errors, negligence, or evil intentions can turn the system into a threat with disastrous consequences. However, human interaction with any technical system begins earlier in the design stage. In this stage, designer/creator of the system must ensure a safe operation and take into consideration possible risks, including those caused by human factors itself. The book is interdisciplinary in nature and intended mainly for designers of technical systems, aiming to assist the specialists in understanding the issues of human participation in the life cycle of these systems. The examples given are intended to benefit from experiences of not one but a number of industries.

*Principles of EMS Systems* (American College of Emergency Physicians, 2006) *Principles of EMS Systems*, Third Edition, provides EMS personnel with an overview of the organization and operation of an EMS system, both on

a daily basis and in response to large scale events including terrorist and weapons of mass destruction incidents This book explores the role the medical director plays in EMS and discusses the importance of medical oversight and accountability By focusing on the collaborative interaction of EMS police and fire professionals along with emergency physicians emergency departments and hospitals this resource provides a framework for how these different groups must work together to ensure the emergency medicine health care safety net does not fail when it is needed the most

**Challenges and Emerging Issues on Firefighter's Toxic Chemical Exposure: Smoke Chemicals, Contaminated PPE, and Off-gassing** Guowen Song, Marta Oliveira, R. Bryan Ormond, 2024-08-02 Toxic chemicals either from fire ground combustion contaminated PPE or off gassing from PPE material and chemical finishing have become the leading concern for the long term health of firefighters Exposure to fine smoke particles and toxic chemicals released from fire scenes can result in cancer

cardiovascular disease and other pathological diseases and minimizing this exposure has become a health priority for the firefighter Firefighters face exposure to smoke at fire grounds and to contaminants in fire stations vehicles and even their homes because of resuspended fine particles or released volatile chemicals from contaminated PPE

**Goodman and Fuller's Pathology E-Book** Catherine Cavallaro Kellogg, Kenda S. Fuller, 2020-10-09 Selected for Doody's Core Titles 2024 in Physical Therapy The only pathology textbook written specifically for physical therapy this edition continues to provide practical and easy access to information on specific diseases and conditions as they relate to physical therapy practice Coverage includes guidelines precautions and contraindications for interventions with patients who have musculoskeletal or neuromuscular problems as well as other medical conditions such as diabetes or heart disease Logically organized content offers at a glance access to essential information on common illnesses diseases adverse drug effects organ transplantation laboratory values and more to ensure the most reliable and effective physical therapy for patients Up to date coverage with contributions from more than 100 content experts in pathology and physical therapy Revised content throughout provides the most current information required to be an effective practitioner Full color interior design photos and illustrations visually reinforce key concepts A Therapist's Thoughts offers personal and clinical insights from experienced therapists specializing in cancer diabetes cystic fibrosis women's health lymphedema psychological problems and much more Special Implications for the Therapist boxes provide information and ideas to consider when formulating a plan of care that addresses precautions contraindications and best practice specific to physical therapy Current information on conditions medical testing and treatment and practice models keeps students up to date on the latest research findings and recent changes in the field Key information presented in an at a glance format is organized by body system for easy reference Basic science information addresses the clinical implications of disease within the rehabilitation process covering common illnesses and diseases adverse effects of drugs organ transplantation laboratory values and much more Coverage includes updated information on standard precautions Separate chapter addresses laboratory tests and values that are important in physical therapy practice

Separate appendix provides guidelines for activity and exercise A focus on health promotion and disease prevention is featured throughout the text

I Love a Fire Fighter Ellen Kirschman,2021-06-24 This second edition of I Love a Fire Fighter is like the first intended to raise awareness of the psychological consequences of being a fire service family It is my objective to describe the subtle and obvious ways the demands of this unique occupation spill over to home and to suggest strategies that you as a parent a child a sibling a spouse a friend or a significant other can use to manage the spillover and or learn to live with it

Handbook of Standards and Guidelines in Ergonomics and Human Factors Waldemar Karwowski,2005-12-16 A comprehensive review of international and national standards and guidelines this handbook consists of 32 chapters divided into nine sections that cover standardization efforts anthropometry and working postures designing manual material human computer interaction occupational health and safety legal protection military human factor standar

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