

OFFICE WORKSPACE ERGONOMICS

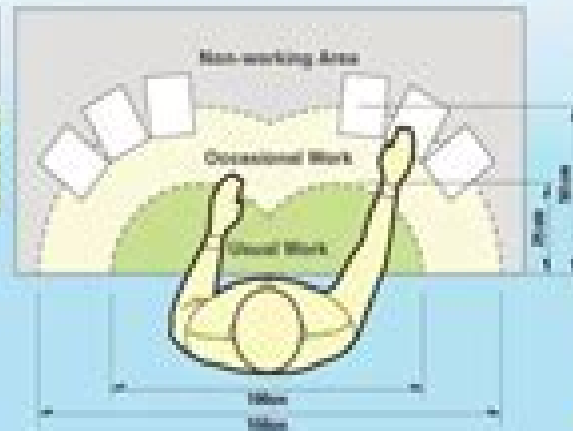
THE DESK LAYOUT



DESK ARRANGEMENT

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

Commonly used tools, equipment and accessories should be placed close to the monitor to reduce the reach strain.



SITTING POSTURE



SEAT

- Workers must be seated with the desk height.
- Chair arm rests should not prevent the worker from sitting close to the desk.
- Feet should firmly touch the ground in the use of a chair with a pedestal.
- Chair backrest back rest providing adequate back support.

MONITOR

- Screen should be within eye line of the monitor.
- Monitor should be directly in front of the worker.
- Monitor distance should be 50-60cm from the worker's eyes.

KEYBOARD DISTANCE

- The keyboard position should be approximately 10cm-20cm from the edge of the desk.
- There should be enough space to allow for the worker to rest on the desk if required.
- The keyboard should be parallel to the edge of the desk top.

PHONE ACCESSIBILITY

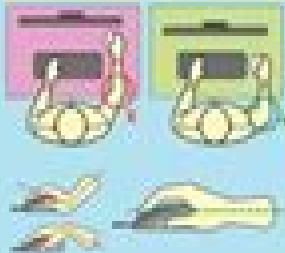
- When necessary for telephone and mouse, there should be space.
- Telephone or headset within reach of worker.
- Headset holding handset used when appropriate.

DESK BOARD POSITION

- Worker sits into the back of the chair.
- Worker has adequate back and lumbar support.
- Feet can touch the ground firmly.
- Hips are parallel to the ground.
- Worker can sit down enough in the seat.

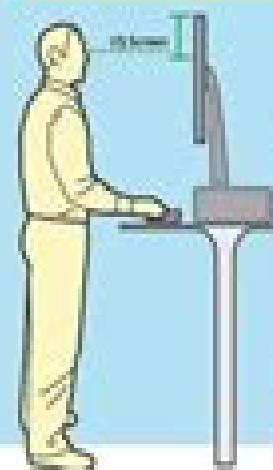
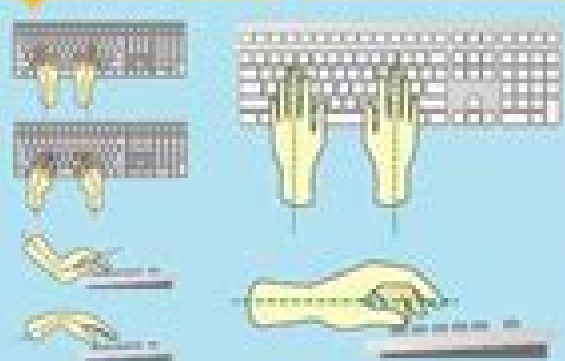
FOOTREST

- Surface workers are not able to plant feet firmly on the ground will often place their feet on the chair legs or on the edge of the desk.
- Adequate support for the worker and provide an adequate good seated posture.



WORKING DISTANCE

- Work position is needed.
- Worker positioned in the keyboard is close to the desk edge from 10-15cm.
- Arm rest support should be adjusted.
- Worker sits close to the monitor.



WORKING DISTANCE (CONTINUED)

- The worker should be parallel to the desk when sitting in the correct working posture.

For more information on workplace ergonomics, visit the Corporate Work Health Australia website at www.corporateworkhealth.com.au

Corporate Work Health Australia.

Complete Injury Management for the Workplace

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All States & Territories

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Usfa Ergonomics Manual

David A. Cardwell, David S. Ginley



Usfa Ergonomics Manual:

Enjoying the Song of Phrase: An Mental Symphony within **Usfa Ergonomics Manual**

In a world used by monitors and the ceaseless chatter of quick connection, the melodic splendor and mental symphony created by the written word often disappear into the back ground, eclipsed by the persistent noise and interruptions that permeate our lives. But, set within the pages of **Usfa Ergonomics Manual** a wonderful literary value overflowing with raw feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this captivating masterpiece conducts readers on a psychological journey, skillfully unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths of the touching assessment, we shall discover the book is key harmonies, analyze its enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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