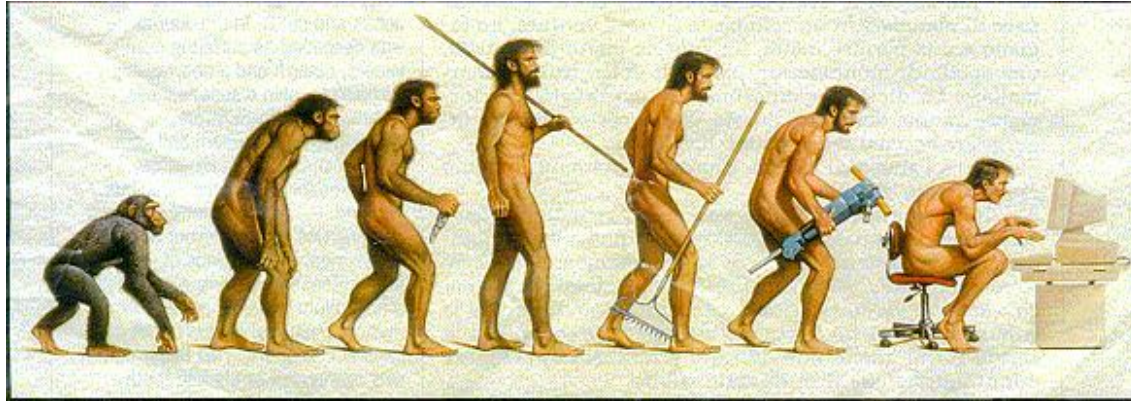


Work from Home



Brought to You by:

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Association of Canadian Ergonomists
Association Canadienne d'Ergonomie



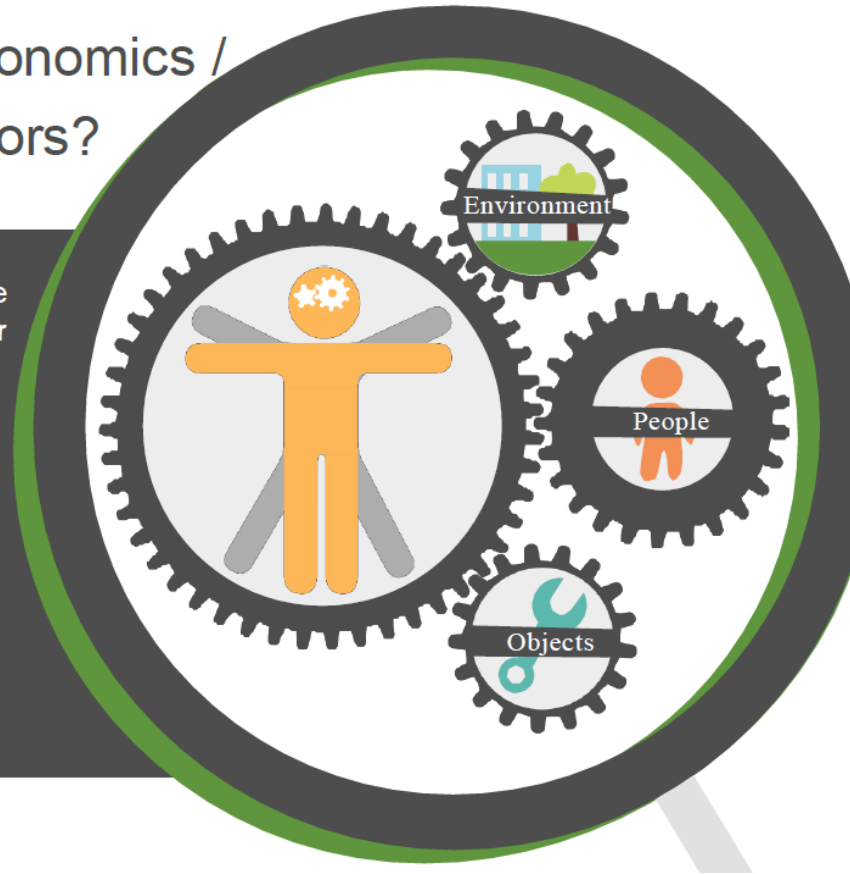


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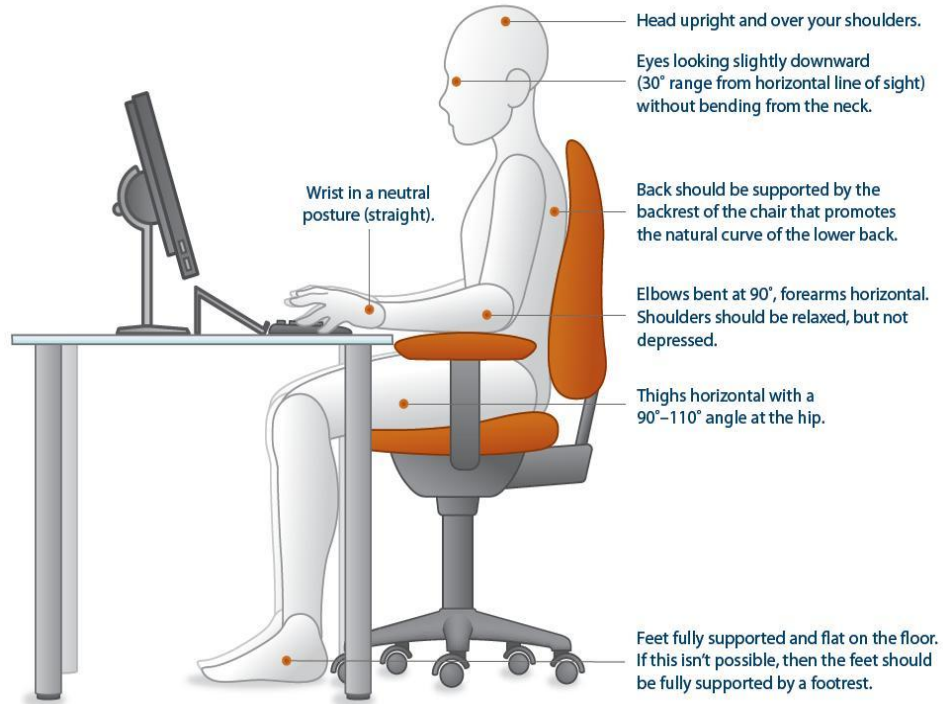
What is ergonomics / human factors?

Ergonomics and human factors is the scientific discipline concerned with the **interactions between humans and other elements of a system** (environment, people and objects) **with the goal of optimizing human well-being and overall system performance.**

Ergonomists contribute to the design and evaluation of systems in order to make them compatible with the needs, abilities and limitations of people.*



Ideal



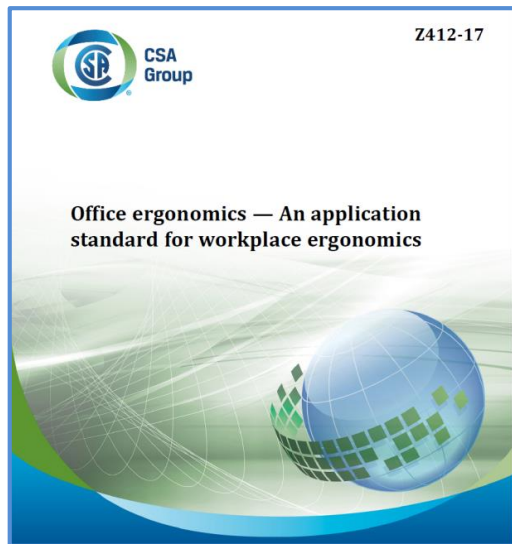
What Posture Does Your Workstation Encourage?



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CSA Z412-17



6.2 Furniture

6.2.1 General

The furniture shall accommodate the relevant anthropometric characteristics of the user using the workstation. The requirements in Clause A.3 shall be fulfilled for compliance with this Clause.

6.2.2 Work chair

The work chair shall accommodate the relevant anthropometric characteristics of the user, allow movement through multiple postures, provide stable body support, and be appropriate for the tasks or activities being performed.



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Standard Desk heights – 29-30 inches



YOUR HEIGHT	SITTING DESK HEIGHT	STANDING DESK HEIGHT
5'0"	22.5"	36.5"
5'1"	23"	37"
5'2"	23"	37.5"
5'3"	23.5"	38"
5'4"	24"	39"
5'5"	24.5"	39.5"
5'6"	25"	40.5"
5'7"	25"	41"
5'8"	25.5"	41.5"
5'9"	26"	42.5"
5'10"	26.5"	43"
5'11"	27"	43.5"
6'0"	27"	44"
6'1"	27.5"	44.5"
6'2"	28"	44.5"
6'3"	28.5"	46"
6'4"	28.5"	47"
6'5"	29"	47.5"
6'6"	29"	48"
6'7"	29.5"	49"
6'8"	30"	49.5"



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Height-Adjustable (Standing) Desks



The same ergonomics principles apply when standing.

Most research finds that the ideal sit-stand ratio lies somewhere between 1:1 and 1:3.

If you wait until you have pain before you change positions, it's too late.

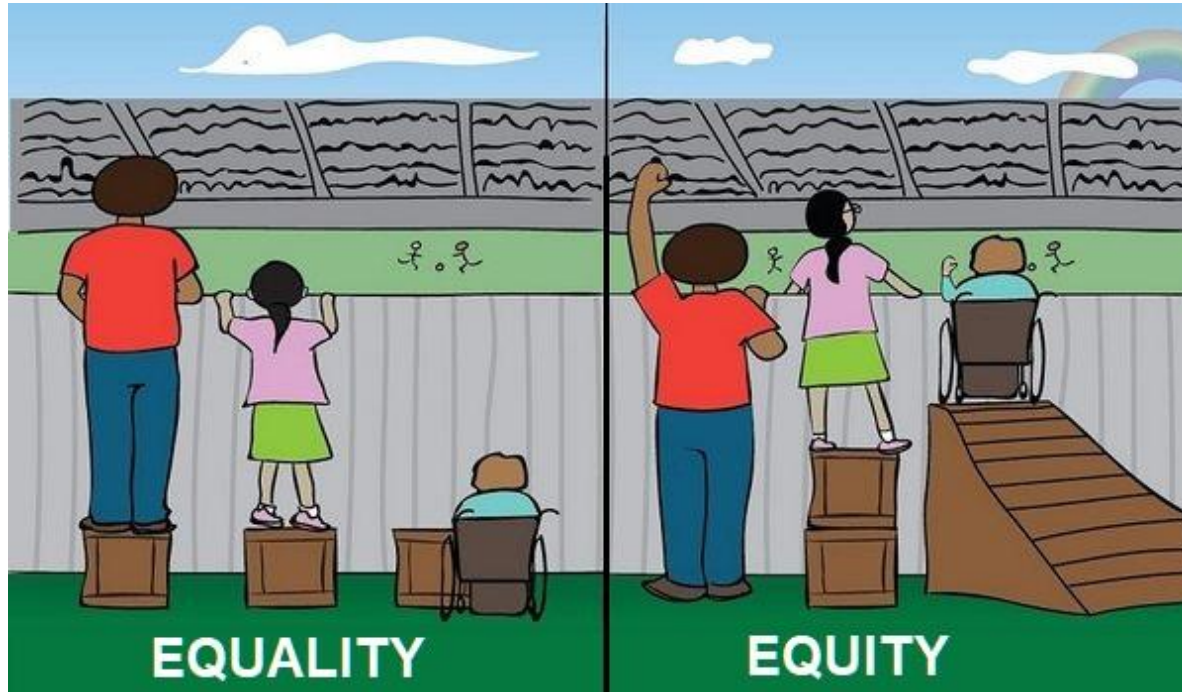


Take Home Messages

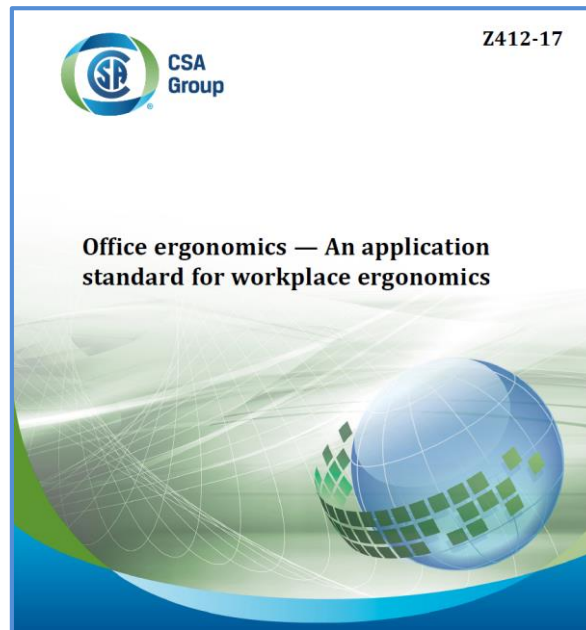
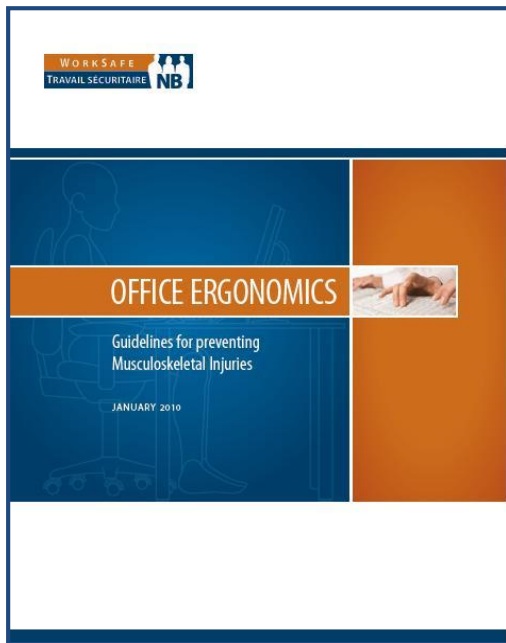
- Posture and healthy habits are facilitated by the equipment.
- Building resilience isn't the answer, removing the physical risks and hazards is key.
- Prioritize \$\$ on a fully adjustable chair.
- When buying/selecting desks, the height is important.
- Schedule breaks - exercise and stretch regularly
- **At the end of the day, put work away!**



No “One Size Fits All” Solution



Resources



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Follow WorkSafeNB on social media. You can find us on Twitter, LinkedIn, Facebook and Instagram!



**Thanks for Participating –
Now Get Up & Move Around, You're Overdue for a Break!**

Questions?

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