Seven Statistics on Workstation Ergonomics



Sitting at a workstation for hours at a time isn't good for a worker's body, and slouching makes matters worse. Here are seven statistics relating to office workstations and musculoskeletal disorders.

- 1. Extended computer work without periodic breaks can lead to muscular fatigue and discomfort in these 4 parts of the body: the back, arms, shoulders and neck. (Ontario Ministry of Labour).
- 2. The number 1 source of muscular fatigue and discomfort is poor posture due to the layout of the workstation and the furniture provided. (Ontario Ministry of Labour)
- 3. When working at a computer keyboard, a worker's elbows should be bent at an angle of about 90 degrees when the fingers are in the typing position.
- 4. Two other problems associated with extensive computer operation are eye strain and headaches.
- 5. Avoid sitting at a workstation for long periods without moving. Get up and stretch and try to move your back, neck and shoulders at least every 10 minutes. (Alberta Workers' Compensation Board)
- 6. In adjusting the height of your desk chair, remember these 2 things: Your thighs should be horizontal and your knees should be at right angles with your feet flat on the floor.
- 7. The healthy body can only tolerate staying in one position for about 20 minutes. After that time, most workers will experience discomfort. (spinehealth.com)

Sitting at a workstation for hours at a time isn't good for a worker's body—and slouching is even worse. Is it any wonder that workers feel stiff, sore and fatigued at the end of a shift? Here are seven statistics relating to office workstations and musculoskeletal injuries.