

# October is...

## National Ergonomics Month

### Household

#### Ergonomics Tips:

- Don't forget to evaluate the ergonomics of your HOME OFFICE too. The same recommendations apply!
- If children and adults share the same computer, purchase equipment that has a wide range of adjustability
- Ensure children are not burdened with carrying backpacks that exceed 10% of the child's body weight
- Re-arrange your cabinets so that the more frequently used items are within the easiest reach- especially the heavier items. Avoid long reaches with heavy objects
- Check out the HUMAN FACTORS in your home. Ensure all labels on household chemicals and medications are clear and up-to date to avoid a potentially serious mix-up

Information provided by:



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### HOW DOES YOUR WORKSTATION MEASURE UP?

#### Office Ergonomics Tips for a BETTER workstation

- Move all frequently used items within arms reach ie. Telephone, pens, adding machines, printers
- Ensure that your monitor is between 18-26" from your eyes (arm length when seated comfortably is a good rule of thumb)
- Your mouse should be on the same working surface as your keyboard. Avoid a set-up that requires frequent, extended reaches for your mouse
- Adjust the height of your monitor so the top of the screen is level with your eyes. Too low or too high can cause neck and shoulder strain
- Make sure to position your hips as far back into your chair as possible to maintain lumbar support
- Take short, frequent breaks throughout the day
- Check to see if you have a window that creates glare on your screen. Change the monitor location or purchase a screen filter that eliminates glare



The optimal workstation set-up

National Ergonomics  
Month

A Time for Teaching, Learning, Networking, Service and Fun!