NEWSLETTER

In Focus: Ergonomics

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MESSAGE FROM THE EDITOR

It gives me immense pleasure to present to you the fourth issue of the impact newsletter on Ergonomics. The most important aspect of once work performance. Ergonomics is an important contributor to reduce absenteeism in offices due to various health effect which it causes like back pain , headache , eye strain , tennis elbow etc. Due to these ill health effects it is very important to pay emphasis on to the whole environment of working or workplace as it should always be worker friendly to increase the benefits of the professional as mentioned in the article introduction to Ergonomics.

The concept of ergonomics though new has gained a lot of importance in the recent years in the corporate world and as a way forward we have brought this issue to make you more aware about the facts and myths about back pain, maintaining a stress free workstation and tips to manage computer strain.

Hope you will benefit and enjoy reading this issue .

Dr. Archana Aravindan, MBBS, MPH
Editor - Impact Newsletter

MAKE YOUR WORKSTATION STRESS FREE

While working on your workstation one should make sure that the office chair and work area are as comfortable as possible and will cause the least amount of stress to the spine:

1. Elbow measure
   first, begin by sitting comfortably as close as possible to your desk so that your upper arms are parallel to your spine. While sitting on your office chair your elbows should be 90-degree angle, adjust the height of your office chair accordingly.
2. Thigh measure
   One should be able to easily slide fingers under your thigh at the leading edge of the office chair.
3. Calf measure
   while sitting straight on your chair try to pass your clenched fist between the back of your calf and the front of your office chair. If you can't do that easily, then the office chair is too deep. You will need to adjust the backrest forward, insert a low back support or get a new office chair.
4. Low back support
   Your office chair must essentially have lower back support to minimize the strain on your back. Never slump or slouch forward in the office chair, as that places extra stress on the structures in the low back, and in particular, on the lumbar discs.
5. Resting eye level
   Your gaze should be aimed at the center of your computer screen to check this close your eyes while sitting comfortably with your head facing forward. Slowly open your eyes. If your computer screen is higher or lower than your gaze, you need to either raise or lower it to reduce strain on the upper spine.
6. Armrest
   Adjust the armrest of the office chair so that it just slightly lifts your arms at the shoulders to take some of the strain off your upper spine and shoulders.

Follow these easy steps to analyze your posture in office for a stress free workstation.

Dr. Nupur Gupta
MBBS, MD (Microbiology)

FACTS AND MYTHS ABOUT YOUR BACK

About 80% of people in today's world are experiencing back problems due to improper posture. We would like to share some myths and facts to prevent the problem of back pain, .

MYTH 1: Best treatment for back pain is bed rest

FACT 1: this was considered as a treatment for back pain in older days but with advancement in medicine today it is said that bed rest may worsen your back pain unless it is so severe that you cannot move.

MYTH 2: Pain is the main indication for a hurting back.

FACT 2: Pain is not the only feature indicating problem in the back it is usually associated with restricted movement or discomfort in your arms, legs, shoulders and spine.

MYTH 3: Applying heat is recommended for a back pain.

FACT 3: this is not recommended because heat application may worsen the inflammation of the joint and surrounding muscles and ligaments. Instead ice pack should be used on a sore back for the first three days of acute pain. Cold packs should be given for 10 to 15 minutes at a time, with a a damp towel or cloth between the sore area and the ice.

Dr. Neha Sodhi
Physiotherapist

NEWS

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AN INTRODUCTION TO ERGONOMICS

Ergonomics means literally the study or measurement of Work. It is about matching equipment to the user and the task to the worker. However, to understand the concept of ergonomics we need a basic understanding of a science called Biomechanics.

Biomechanics helps in determining which positions make use of an individual's muscular strength. A muscle's ability to perform is affected by the way it is used or another way to say it is the activity the muscle is performing. The activity can be either Static or Dynamic.

STATIC - Holding one object or body part in one position for an extended period eg. Standing or sitting in a parking booth or at a microscope.

DYNAMIC - An activity created by the rhythmic contraction and relaxation of the muscles. Eg. Walking

Ergonomics focuses on the following concept:

Benefits of ergonomics

☞ Productivity
☞ Product quality
☞ Safety
☞ Health
☞ Reliability
☞ Job satisfaction
☞ Personal development

The Tool | The Task
The Work Station and Environment
The User/Operator
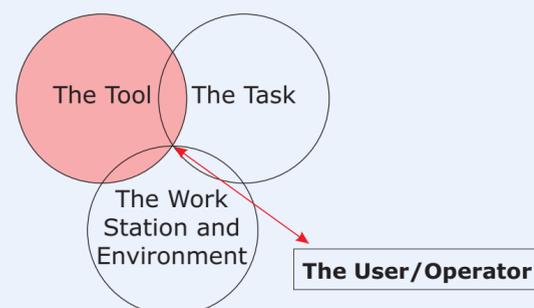
Dr. Nipun Choudhry
M.D,M.Phil- Lifestyle Specialist

EYE STRAIN REMEDIES

Here are some easy guidelines to help you manage computer strain:

➢ **Computer repositioning** : The screen of the computer should be about an arm's length away and positioned directly in front of your face. Its centre should be 4 to 8 in. below your eyes.

➢ **Regular eye check-ups**: If you are a constant computer user u must get your vision checked regularly.

➢ **Maintain good and right posture**:
This will reduce strain on the back, neck and shoulders.

➢ **Ensure proper lighting**: Try the following test to determine if current lighting is a problem: look at the monitor and cup your hands over your eyes like a baseball cap. If your eyes immediately feel better, then the lighting should be changed.

➢ **Reduce glare**: Install anti-glare filters on the monitor, adjusting window shades and changing the screen's contrast and brightness can help reduce glare and reflections.

➢ **Blink frequently**: To prevent dry eyes. If that doesn't work, consider using lubricating eye drops.

➢ **Clean the monitor regularly**: Dust reduces screen sharpness, putting more and more strain on your eyes.

➢ **Take frequent work breaks**: just look off into the distance, away from the computer, every 15 minutes so that your eyes get some rest.

Dr. Archana Aravindan
Wellness coach