

# Office Ergonomics

## *Office Ergonomic Intervention Shown to Improve Health and Productivity*

An office ergonomic study (Printed in Spine, Dec. 15, 2003) that involved 200 Tax Collectors who were in sedentary computer intensive jobs found that a highly adjustable ergonomic chair combined with a 90 minute office ergonomic education session lead to less discomfort and significant increases in productivity.

Participants were divided into 3 groups. One group received a highly adjustable chair, the second group received office ergonomic training and the third group received both a highly adjustable chair and office ergonomic training.

To understand the effects of the study, participants filled out discomfort surveys 5 times during the course of the study. Productivity was measured by the volume of tax revenues collected by workers and the number of sick leave hours each month. The result was that Group 3 (the group who received both interventions) increased their productivity by nearly 18% and reported less soft tissue pain.

The cost of the intervention was approximately 1000 US\$ per worker. However, one year later, the employer's benefit was approximately \$25,000 per worker - the intervention had paid for itself in about 10 days.

This study was one of the first to research the link between employee health and economic benefit in an office environment. The results were so positive that this should encourage organizations to invest in ergonomic interventions.

ERGO Inc. recommends that organizations take this engineering and administrative approach to solving ergonomic issues. Equipment alone may not be enough to solve issues, especially if workers do not know how to properly use the ergonomic equipment. We offer a 2 hour hands-on practical workshop for office employees to teach them how to properly adjust and work at a computer workstation. However, training alone will not eliminate hazards if employees have improper equipment, chairs, etc. We can also assist you in designing an ergonomically friendly office environment for your employees. For assistance with your ergonomics program please give us a call.

