



E-NEWSLETTER

SEPTEMBER 2011

FEATURE ARTICLE

Ergonomic Challenges of Tablet PCs and iPads

iPads and Tablet PCs are quickly becoming popular for portable computing. In some cases, these tools are replacing a standard laptop when travelling for work. The advantages are obvious: small, lightweight, and compact however we should also consider the ergonomic challenges before making the jump.

Handling

The iPad or Tablet is often held in one hand while working causing static gripping. Although the equipment is lightweight (as low as 1.5 lb), prolonged exposure can still be uncomfortable.

Awkward Wrist Postures

Touch screen technology has a lot of functionality however it can also create awkward wrist postures. Features that use two fingers to manipulate objects and others that use both hands may require finger stretching and awkward postures to manipulate or interact with an object on the screen. Some features may require you to tilt or rotate the entire tool further causing bent wrists.

Screen Height

Office ergonomics indicates that the top of the computer screen should be in line with eye height. This recommendation is not possible with a hand-held device as it is either placed flat on a surface or held in the hand around elbow height. In each instance, the screen is far below eye height of the viewer.

Screen Angle

The angle of the screen is also a factor as the iPad or Tablet is designed to lay flat, causing higher degrees of neck flexion (looking down) to view compared to a laptop or desktop screen.

Tactile Feedback

Typing on surface without the luxury of feedback (i.e. pressing keys on a keyboard) has been shown to generate a higher number of errors thereby increasing the number of keying movements performed to correct mistakes.

All that said, there is light at the end of the tunnel. Consider applying some of the concepts that improve laptop ergonomics to the iPad and Tablets. Equipment already available includes: iPad/Tablet stands, external mice/keyboards, and handles.

UPCOMING ERGO SEMINARS & EVENTS FOR 2011

CERTIFICATE WORKSHOPS

Office Ergonomics – Preventing Musculoskeletal Disorders in the Office
Nov 2, 2011 – Barrie, ON

Completing Physical Demands Assessments (PDAs)
Nov 1, 2011 – Barrie, ON

Ergonomics and Musculoskeletal Disorder (MSD) Prevention in **HEALTHCARE**
Ergonomics and MSD Prevention in **EDUCATION**

Ergonomics and MSD Prevention in **MANUFACTURING**

All courses May 3-4, 2011 - Barrie, ON

Visit www.ergoconsulting.ca for further information or to register or call our office at 705.436.4504.

SPEAKING EVENTS

Schedule 2 Conference – Sept. 27-28

ERGO Inc. will be presenting two sessions:

- ✦ Sarah Snable will be speaking on “Preventing Injuries before they start: Implementing a Custom Post Offer Pre Employment Testing program”
- ✦ Alex Stinson will be speaking on “Up your Safety Standard with Ergonomics: Building MSD Prevention into your Safety Program”

ERGO Inc. will also have a booth. Stop by and see us for Free give aways.

Ontario Kinesiology Conference

Marnie Downey will be speaking on: “How to Set-Up an MSD Prevention Program”
Oct. 15, 2011 – Toronto, ON

Partners in Prevention Conference

Marnie Downey will be speaking on: “Cost Effective Ergonomics from the Case Files”
Oct. 20, 2011 – Orillia, ON

EYE STRAIN at the COMPUTER

We spend most of our time focusing on things up close – including our computer screen. This has been found to create eye strain, fatigue and discomfort. Here are some tips to avoid or reduce the effects of working on the computer for long hours.

- ✈ Get your eyes tested regularly and wear glasses if they have been prescribed for you
- ✈ Reposition your monitor to be within one arms length from your seated position and align the top of the screen with your seated eye height
- ✈ Check to see if you have glare and manage the cause of the glare by removing or changing it
- ✈ Take regular breaks away from your workstation (this helps your muscles and your eyes!)
- ✈ Follow the 20-20-20 rule; Every 20 minutes, focus on something that is 20 feet away for 20 seconds.

ERGO NEW WEBSITE

Get in on the Conversation!

We launched our NEW and IMPROVED website in August. If you haven't seen it yet, please visit us at www.ergoconsulting.ca.

Our website continues to have all the surveys, downloadable material, checklists and other information you have come to expect from ERGO with some exciting new features including:

- ✈ Blog of the Month
 - “Get in on the conversation” with other industry professionals discussing an ergonomic topic of the month.
- ✈ Calendar of upcoming events
 - The calendar of events will keep you up to date on the tradeshow, conferences and speaking engagements that we will be at.
- ✈ ERGO Inc. services video
 - Watch our short video for information about our services



Ergonomic Resources, Publications and Tools



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CALCULATING YOUR ROI FOR YOUR ERGONOMICS PROGRAM

(2) Comments

How do you calculate the Return on Investment (ROI) for ergonomics initiatives? The goal of ergonomic interventions is to eliminate or reduce injuries and injury claim costs, and to improve the health and well-being of workers; however, calculating ROI based ... [Continue reading →](#)


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ERGO BLOG TOPIC

- ✈ The Blog Topic of the month is “Calculating your Return on Investment for Ergonomics”
- ✈ Visit our website to view the tools that we have available and share your tools, thoughts and comments.
- ✈ **If you participate in our Blog in 2011 you will be entered into a draw for FREE ergonomic accessories.**

If you have suggestions about what you would like to see as an upcoming Blog Topic, we would like to hear from you. Please contact us with your ideas and suggestions.



Evaluating Risks in Growing Occupations Inc.

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