

Hope OnBoard Mobile
Physical Therapy &
Performance

Workplace

Ergonomics

Creating a Comfortable Workplace

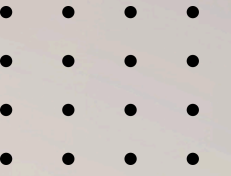
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Why Ergonomics Matters

- Work environments can influence how tasks feel throughout the day
- Small changes may contribute to improved comfort and consistency
- Awareness of posture and setup can support daily routines





Understanding Workplace Ergonomics

Workplace ergonomics focuses on how individuals interact with their work environment, considering the relationship between daily tasks, physical space, and tools. It explores how workspace setup may align with natural body positions and movement patterns, while also taking into account comfort and accessibility. By observing posture, the placement of equipment, and general workflow, ergonomics can help create conditions that feel more adaptable and balanced throughout an individual's workday.

Common Workplace Challenges



Repetitive movements and prolonged sitting or standing



Workstations that do not fit individual preferences



Limited awareness of posture and movements during daily tasks



Chair and Seating Setup

- *Feet positioned flat on the floor or a stable surface, with knees and hips at 90 degrees, or hips slightly higher than knees*
- *Back supported by the chair with adequate lumbar support*
- *Forearms resting comfortably without strain*



Monitor and Desk Position

- *Screen placed so $\frac{1}{3}$ of the top of the screen is level with the eyes*
- *Keyboard and mouse within easy reach so arms can still be maintained on arm rests*
- *Workspace organized to reduce unnecessary movement*

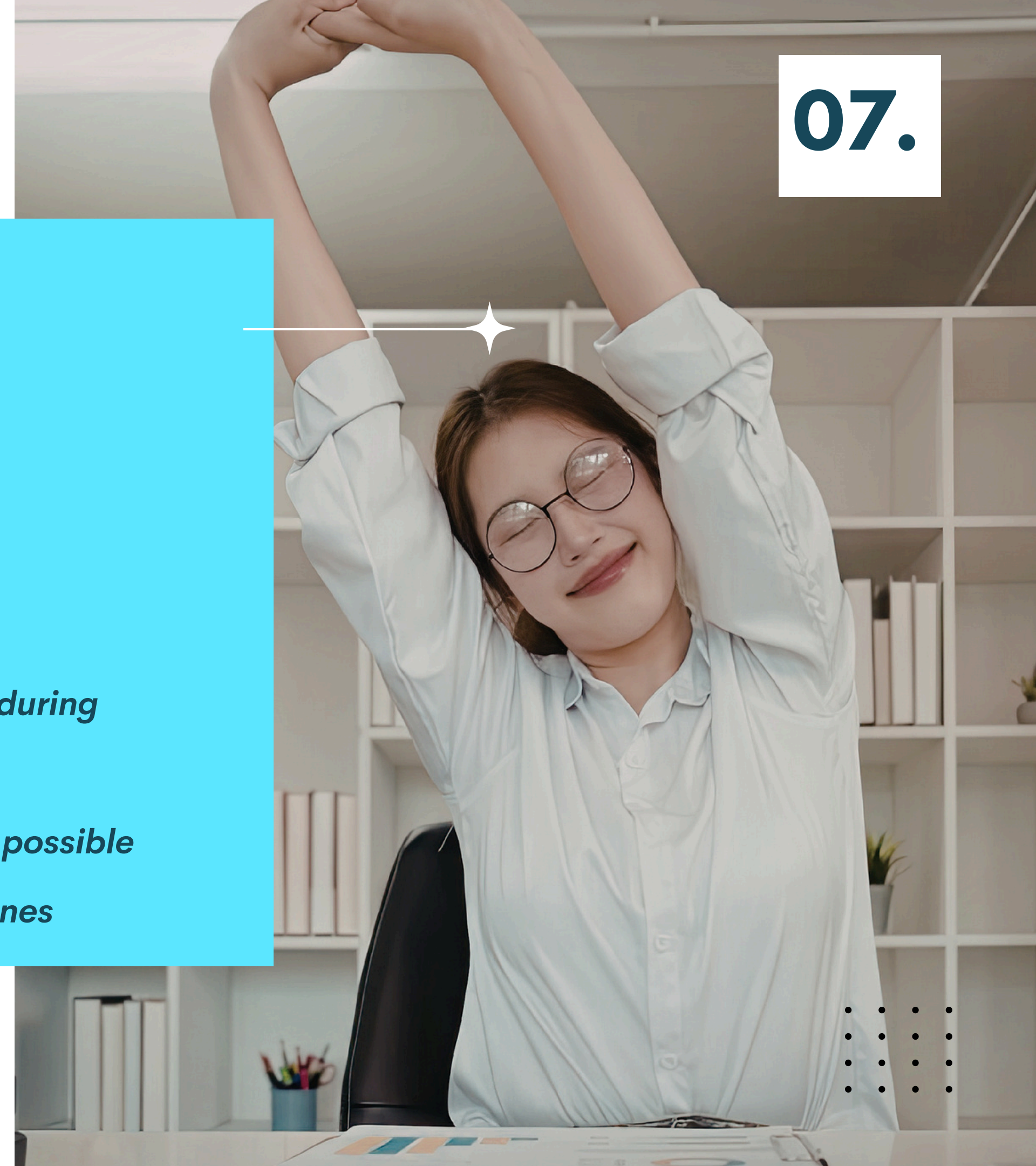


Keyboard and Mouse Use

- ***Wrists maintained in a neutral position preferably with forearm slightly rotated with thumb slightly elevated***
- ***Light and controlled movements encouraged***
- ***Frequent pauses to change positions every 20 minutes***

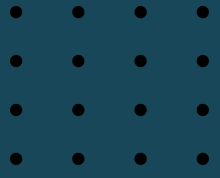
Movement and Breaks

- *Short breaks every 20 minutes can be included during work periods*
- *Alternating between sitting and standing when possible*
- *Simple stretches should be integrated into routines*



Lighting and Environment

Lighting and environmental conditions play important roles in shaping the overall workspace experience. Balanced lighting can reduce screen glare and create a more comfortable visual setting, while appropriate room temperature and airflow may contribute to a more stable environment throughout the day. Additionally, minimizing distractions and organizing the workspace may support better focus and allow tasks to be carried out with fewer interruptions.



Thank You!

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