



SCOTTRICE
OFFICE INTERIORS

Scott Rice Ergonomic Case Study

Location: Scott Rice Office Interiors, Wichita KS

Subject: Promotional Products Sales Rep.

Problem: Suffers from pain in hands and shoulders. Sitting at the desk seems to aggravate or increase the pain.

This ergonomic case study displays a common issue found in many offices. The study was performed internally by Scott Rice staff. The goal was to improve the subjects posture and provide adjustable accessories that will support a healthy posture.

The subject's job requires her to perform some common mixed tasks that include being mobile around the office, visiting clients and sitting at a desk to perform computer work. Her main complaint was that she had pain in her hands and shoulders when working on her computer. This simple study showed us that her desk was basically too big for her due to her 5foot height. See the picture and explanations below for the main problems associated with this scenario.

This photo shows the result of just one situation that can happen from bad ergonomics. Painful knots formed on the base of the subject's palm due to having no padded wrist support on the keyboard or mouse. The condition was aggravated by using the mouse and keyboard without the wrist support.



These photos show the workstation prior to the ergonomic change. You can see her body trying to work and form to the desk rather than the accessories forming to her body. This is not a relaxed posture and puts the body into an unnatural state for sitting, creating pressure points

The main problems are:

- Poor forward posture adds stress on the lower back and raises the shoulders.
- Feet are not touching the ground due to chair height restrictions and the users smaller frame size.
- Computer monitor and keyboard are too far away.
- Arms are supported by the desk instead of the chairs adjustable arms.



These photos show corrections to her station. She is now sitting back in a relaxed position with minimal pressure point constrictions. Her feet and arms are supported and the computer monitor, keyboard and mouse are adjustable to form to her body.

Here are the corrections made:

- Her posture is now in a neutral position with minimal pressure points.
- The chair height was raised with a foot ring added.
- Feet are now resting on a footrest and have the option to use the foot ring instead of dangling.
- Computer monitor, keyboard and mouse are all now adjustable.
- An ergonomic mouse was added to help alleviate the wrist and palm pain.
- Arms are now supported by the chairs adjustable arm rests.



Summary:

The subject continues to experience relief for the acute areas of pain in her palms and shoulders since the workstation adjustments. Changes to your workstation can take some getting used to. For some, correct ergonomic positions feel unnatural since someone may have sat ergonomically incorrect for so long. Even if the workstation has all the ergonomic adjustments needed to fit a broad range of users, the user must make a conscious effort to sit correctly at the ergonomic workstation and properly utilize the tools provided.

The most ergonomic workstation in the world will never be a miracle cure. Remember, one of the tricks to minimizing work fatigue during sitting periods is to stand up and stretch frequently to keep your blood flowing. (about every 20-30 minutes) As with exercise, there is no vibrating chair or electronic belly-blaster gizmo you scored on a late-night infomercial that can substitute for this. One of Bruce Lee's mottos was, "Moving water never goes stale."

Other unhealthy sitting habits to avoid:

- Sitting on your feet or resting your feet on top of your chair base.* Feet should be flat on the floor with your legs at about a 90-degree angle.
- Sitting perfectly erect with no lumbar support.* You should have a slight recline in your posture and some lumbar support to take pressure off your spine.
- Leaning to one side while reading, typing, etc.* This throws your back and neck alignment off and increases the likelihood of aggravating problem areas.
- Avoid reaching and twisting.* Twisting and reaching for items can cause pinched nerves and strain muscles and ligaments, especially if they are heavy. Place reference materials, phone, calculator and things repetitively reached for in places that you do not have to twist and compromise your ergonomic posture. The proper storage solution for the particular user can make a big difference.

For more information regarding your own ergonomic needs, contact Scott Lee at slee@scott-rice.com or call 316-771-5723.