

NEWSLETTER

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Ergonomics in Action:

An employee was provided with an excellent Steel Case Leap chair among other ergonomic interventions. But, symptoms were not resolving and I was called to look into it.

The problem? The employee was sitting on the edge of the chair. This is similar to sitting on a stump in terms of support.



MOVEMENT AND THE RIGHT OFFICE CHAIR

The importance of the office chair is changing before our eyes. 10 years ago we got up regularly for filing, faxing and photocopying. This provided regular movement which is good for the body. In the modern-day office office workers can now literally do all of their work while sitting at their desk. Today's office workers need to consciously take short movement breaks, and the basic high-low chair is no longer enough. Happily, in an economic climate where solid employees are hard to come by, taking time to move and putting better chairs in place can mean not only happier, healthier workers but also increased productivity.

In 2003 DeRango et al. published a study of over 450 employees two companies (one public, one private) that took place over 1 year. They studied the impact of implementing a Leap chair and other ergonomic interventions. They found an almost 20% increase in employee productivity.

Key Point from the study:

“The productivity benefits shown by the Leap chair-with-training group were quite large compared with the program's costs. In contrast, the training-only group did not show any statistically significant changes in productivity.” – Kelly DeRango

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