



Ergocheck

Chair Safety

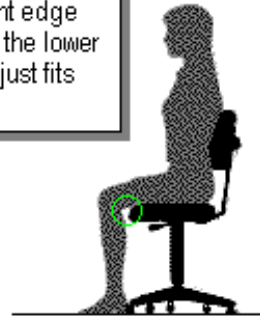


ERGOcheck - Chair

STAND in front of the chair. Adjust the height so that the seat is approximately at knee level.



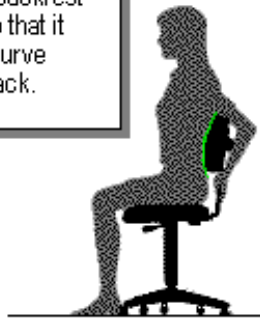
SIT so that the space between the front edge of the chair and the lower part of the legs just fits a clenched fist.



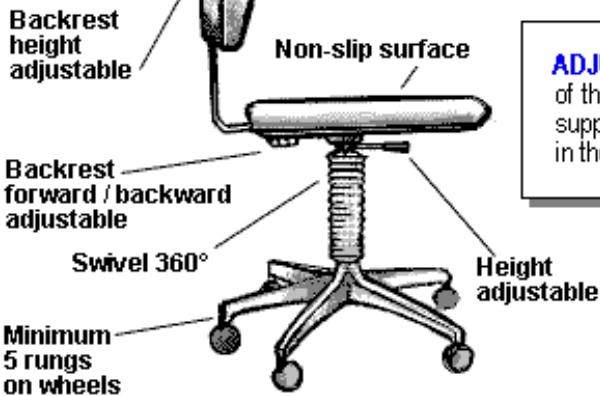
TIGHTEN the chair backrest so that it does not give way with body weight.

READJUST the chair throughout the day to vary body position.

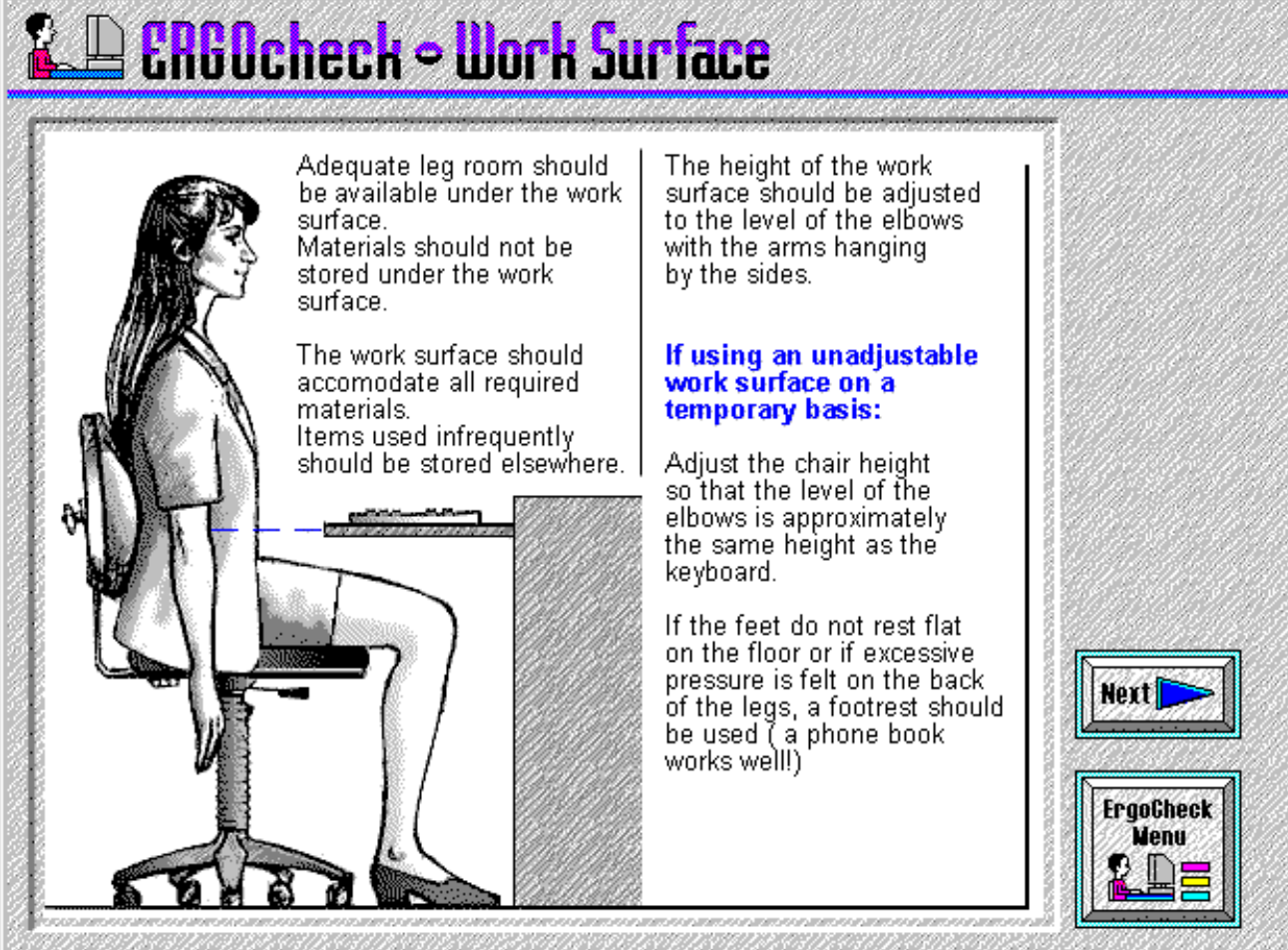
ADJUST the backrest of the chair so that it supports the curve in the lower back.



USE only chairs with adjustable arms that do not interfere with the work.



Work Surface Safety



ERGOcheck - Work Surface

Adequate leg room should be available under the work surface. Materials should not be stored under the work surface.


The work surface should accommodate all required materials. Items used infrequently should be stored elsewhere.


The height of the work surface should be adjusted to the level of the elbows with the arms hanging by the sides.

If using an unadjustable work surface on a temporary basis:

Adjust the chair height so that the level of the elbows is approximately the same height as the keyboard.

If the feet do not rest flat on the floor or if excessive pressure is felt on the back of the legs, a footrest should be used (a phone book works well!)

Next 

ErgoCheck Menu 

For further information and advice contact the Workers Health Centre



WORKERS HEALTH CENTRE

People | Recovery | Work

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