

SERVICES OFFERED

The following are offered free of charge to the campus community:

- Computer Workstation Evaluations
- Individualized and Group Training
- Laboratory Workstation Evaluations
- Seating Evaluations
- Ergo /SEAT online self assessment and training program
- RSI Guard stretch break software program

STRETCHES

Below are sample stretches provided courtesy of the Ergonomics program:

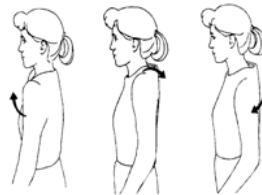
Shoulder Squeezes

Squeeze your shoulder blades together and downward toward your back pockets. Hold for 5 seconds and do 5-10 repetitions every hour during extended periods of sitting, especially when writing or using a computer.



Shoulder Roll

Roll shoulders forward, up, back, and down to complete a circle. Do 5-10 circles every hour during extended periods of sitting, especially when writing or using a computer.



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CONTACT

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ABOUT EH&S

UCR Goals

A sustainable campus with:

- Zero** Injury/Illness
- Zero** Property Loss
- Zero** Environmental Damage

Environmental Health & Safety (EH&S) is a resource and service for all of UCR. Our mission is to provide leadership and outstanding services that enhance the research and educational process by integrating excellent health, safety, and sustainability practices into the campus culture and activities. Working with a network of Safety Partners, we strive to ensure all at UCR can perform their activities in a safe, healthy, and environmentally responsible manner.

<http://www.ehs.ucr.edu>

Making wellness a priority for UCR faculty and staff



Ergonomics

\,ər-gə-'nä-miks\

An applied science concerned with designing and arranging things people use so that the people and things interact most efficiently and safely. It is a method used to prevent injuries from repetitive motions, unchanging and/or poor postures when seating, kneeling, or standing, and forceful motions or grips on objects.

ERGONOMIC INFORMATION

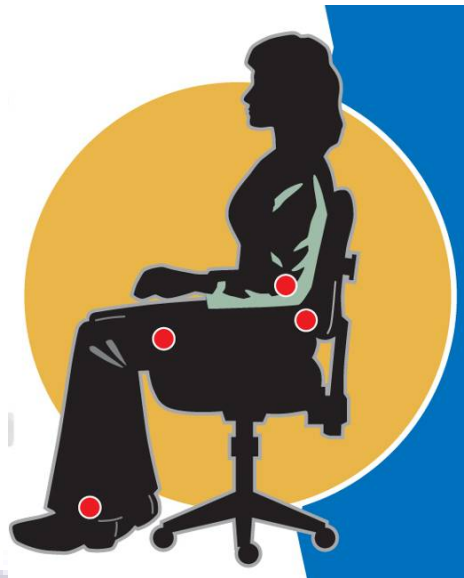
Posture

- Your feet should be well supported (either by the floor or a footrest)
- The angle at your hips and knees should be $>90^\circ$
- Your back should be well supported by your chair
- Your head and neck should remain upright
- Your upper arms should remain close to your body and relaxed
- Your elbow angle should be 90° or greater
- Your forearms should be parallel with the ground or angled slightly downward
- Your wrists should remain in a straight or neutral position



Good Form
Good Function
Good Health

Bad Form
Bad Function
Bad Health



Basic Workstation Design

Your Chair

- ☞ Should support your low back
- ☞ Your feet should rest firmly on the ground (or footrest) slightly in front of you

Your Monitor

- ☞ Should be directly in front of you, at an arm's length distance with your eyes at the same level as the tool bar

Your Mouse

- ☞ Should be positioned close to you, near the edge of the desk

Your Keyboard

- ☞ Should be centered in front of you and close to avoid forward reaching

ERGO /SEAT

ERGO /SEAT is flexible, web-based solution that allows the University of California Riverside to:

1. Proactively identify risks and exposures,
2. Automate injury prevention activities,
3. Track and analyze the results of these initiatives to reduce workers' compensation costs and improve efficiencies.

This program helps reduce injuries by: automating the collection of key work environment and behavior information, analyzing that data, and then applying efficient business process management solutions for those with the highest risk.



The program is powered by Remedy Interactive, Inc. © 2007 in partnership with the University of California Office of the President.

RSI GUARD

RSI Guard is an award-winning desktop ergonomic software solution that reduces the impact of repetitive strain injuries (RSI) for office workers. It assists in changing unhealthy patterns of computer use.

