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Library News and Events

Ergonomics Month:

- Please plan to attend a talk by Dian Tollinger on November 30, 10:30 – 11:30, in Wells E174. Dian is the Training Coordinator for the Office of Environmental Health & Safety and conducts all of the university's workstation evaluations. Dian will speak about "proper form", e.g., the proper workstation setup, proper lifting techniques, proper posture, etc.
- Paul Viterisi will be speaking the week of November 5. Look for more details in next week's IUL News. (Paul is the Occupational Medicine Coordinator for Rebound, Bloomington Hospital's rehabilitation and sports medicine provider who performs all of IUB's workers' compensation physical therapy.)

Submitted by: *Jennifer Chaffin, Human Resources and Staff Development Coordinator, IUB.*

Ergonomic Tips

Tips for Chairs

- You should be able to sit comfortably in the chair, using as much of the chair back as possible for support. The lumbar support should fit comfortably into the curve of your lower back, and your feet should be flat on the ground (use a footrest if necessary). The seat pan (i.e. the part on which you sit) should be an appropriate size that allows at least one inch between your legs and either side of the chair, and supports your legs without applying pressure to the back of your knees.
- Ergonomists generally agree that there isn't a single, "static" seated posture that should be used all of the time. It's a good idea to move around into different postures throughout the day to improve circulation and reduce muscle fatigue. However, if you have to sit for long periods, the following posture puts the least strain on your body.
- Keep open angles. Contrary to popular belief, good posture doesn't mean sitting flat and firm, with your hips, elbows, and knees at 90 degree angles. Your hips, elbows, and knees should be at slightly open angles (greater than 90 degrees). Sitting erect or leaning forward increases the strain on the lower back - it's okay for short term use, but isn't recommended for prolonged periods of time.
- Keep thighs parallel with the floor. Your thighs should be roughly parallel with the floor.
- Recline slightly. Research has shown that reclining eases pressure off your lower back.

- Avoid pressure points. Uncomfortable pressure (e.g., on the back of your knees) can impede circulation. Be sure to make the proper adjustments to your chair to reduce such pressure.
- Rest your feet flat on the floor. Your feet should be flat on either the floor or a footrest.
- Move Around. Making slight adjustments to your sitting posture throughout the day is healthy.
- Make sure that the chair's casters (wheels) move smoothly, and that nothing obstructs your ability to position the chair in front of your desk and computer

Tips from www.HealthyComputing.com.

Job Postings

Support Staff

- Technical/Offices Assistant, Position 000077749, Libraries HR, SSOF