Seven Statistics on Workstation Ergonomics

Sitting at a workstation for hours at a time isn't good for a worker's body, and slouching makes matters worse. Here are seven statistics relating to office workstations and musculoskeletal disorders.

1. Extended computer work without periodic breaks can lead to muscular fatigue and discomfort in these 4 parts of the body: the back, arms, shoulders and neck. (Ontario Ministry of Labour).
2. The number 1 source of muscular fatigue and discomfort is poor posture due to the layout of the workstation and the furniture provided. (Ontario Ministry of Labour)
3. When working at a computer keyboard, a worker's elbows should be bent at an angle of about 90 degrees when the fingers are in the typing position.
4. Two other problems associated with extensive computer operation are eye strain and headaches.
5. Avoid sitting at a workstation for long periods without moving. Get up and stretch and try to move your back, neck and shoulders at least every 10 minutes. (Alberta Workers' Compensation Board)
6. In adjusting the height of your desk chair, remember these 2 things: Your thighs should be horizontal and your knees should be at right angles with your feet flat on the floor.
7. The healthy body can only tolerate staying in one position for about 20 minutes. After that time, most workers will experience discomfort. (spinehealth.com)

Sitting at a workstation for hours at a time isn't good for a worker's body—and slouching is even worse. Is it any wonder that workers feel stiff, sore and fatigued at the end of a shift? Here are seven statistics relating to office workstations and musculoskeletal injuries.