

Ergonomics in the Library

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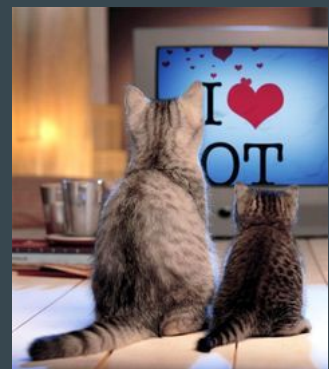
Self-care while you work

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Amy Van Goey, OTS
Pete (photo model)

Occupational Therapy

“help people across the lifespan
participate in the things they want and
need to do through the therapeutic use
of everyday activities (occupations).”

(AOTA, 2016)



<https://s-media-cache-ak0.pinimg.com/236x/29/ed/ca/29edca9ea810c569fa6f942497671d46.jpg>

Ergonomics: A brief overview

What is it?

a science that deals with designing and arranging things so that people can use them easily and safely
(Ergonomics, n.d.)

Why is it important?

- Prevents injury
- Promotes wellness
- Productivity

How does it relate to work in library settings?



Desk-based Work Stations



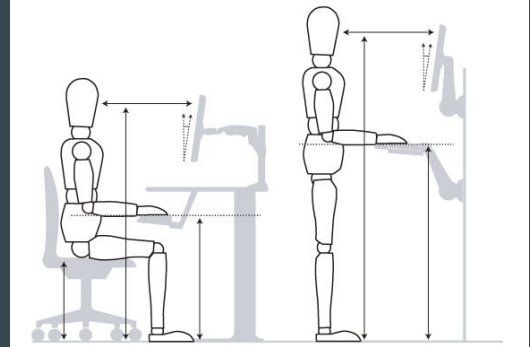
Sitting v. Standing...

Sitting is unhealthy...

- increased risk of heart disease
- increased risk of kidney disease
- change in fat metabolism

...so is standing...

- increased stress on cardiovascular system
 - varicose veins
 - more fatiguing
- (CUErgo, n.d.)



<http://www.katahdincedarloghomes.com/blog/standing-desks/>

Chairs

Needs to fit YOU

- Too wide, too narrow?
- Back of knees hit the seat pan?
- Build your work area around the chair



<http://physioworksbc.tumblr.com/post/101120816401/chair-ergonomics-fitting-a-chair-to-you>

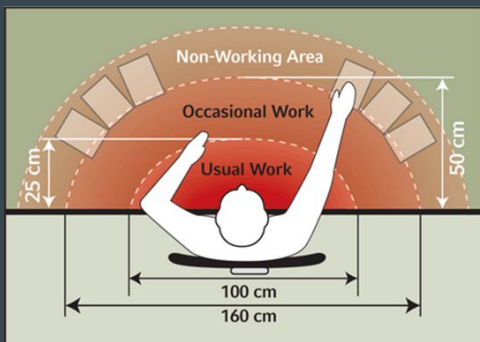
Chair Selection & Set up

- Should allow for multiple positions
- Dynamic-we are meant to move!
- Tilt features
- Height adjustments
- Adjustable seat pan depth
- Arm rests- removable?
- Feet touch the floor, or need a foot rest?

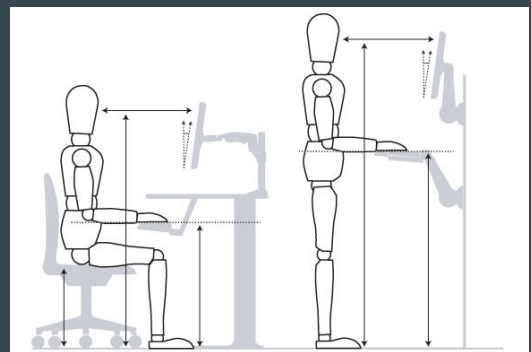


Desk Considerations

Most used items closest
Close to midline



<http://www.buildings.com/article-details/articleid/5654/title/guide-to-ergonomics-at-the-office-and-in-the-field.aspx>



<http://www.katahdincedarloghomes.com/blog/standing-desks/>

Monitor(s)

- Natural viewing angle of 15 degrees
- Eyebrow height 1-2" from top of screen
- Distance of 20-26" (approximately arm length is preferred)

Consider monitor size

- Monitor perpendicular to light source
- Angle two monitors
- Document holder
- Brightness/contrast level



<https://blog.codinghorror.com/computer-workstation-ergonomics/>

Keyboards

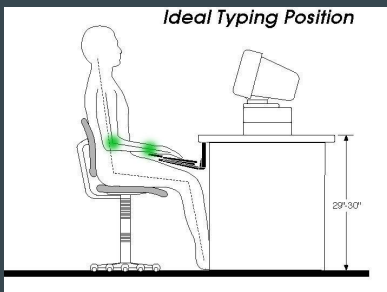
Height slightly lower than elbow

Neutral or negative angle

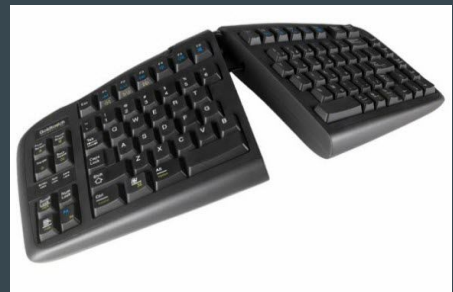
Open elbow angle

Wrist in line with forearm

Ergo keyboards



<http://ergo.human.cornell.edu/ahtutorials/typingposture.html>



<http://www.thehumansolution.com/>

Mice

Various options based on individual need

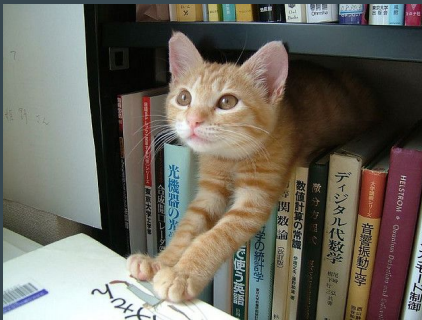
Vertical mice:

- Prevent wrist pain
- Hand & fingers in a neutral position

Right/left options



Dynamic Work & Ideas



http://weathercreative.com/weatherkittyapp/chronicle/wp-content/uploads/2014/11/library_cat.jpg



http://images.mentalfloss.com/sites/default/files/styles/article_640x430/public/620alphabetizedsquashed.jpg

Shelving

Transport books with a rolling cart

Pay attention to posture

Lower shelves-- sit on a chair

Use two hands on heavier books

Wrist stretches afterward



<http://kellydagan.com/wp-content/uploads/2014/06/LibarianShelving-229x300.jpg>



<http://multimedia.uga.edu/media/images/Russell-Building-28365-161.jpg>

Book Repair

Sharpened tools; let tools do the work

Built-up handles

How long are you bending over?

How long are you looking down?

http://www.hollanders.com/media/catalog/product/cache/1/image/9df78eab33525d08d6e5fb8d27136e95/b/a/book_repair.jpg



<https://darkarchive.files.wordpress.com/2012/03/photo-28-03-2012-10-27-12.jpg>



<http://blogs.cornell.edu/culconservation/files/2013/02/P1100456-270bms7.jpg>

Patron Service

How long are you in that position?

Sit if you can

Standing-- have an anti-fatigue mat

Wrist position for books: discuss

<https://www.webjunction.org/content/dam/WebJunction/images/webjunction/2013-12/delivering-extreme-customer-service-02.jpg>



<https://philadelphiagreen.files.wordpress.com/2012/11/story.jpg>

http://oaklandlibrary.org/sites/default/files/images/medium/events/RSC1_7.jpg



Wellness



Microbreaks

“Microbreaks are regular, small,
biologically meaningful breaks
from being stuck in one position”*

Meaningful Movement

20/1 Rule

Individualized and sustainable

- (Ingrahm, 2006)



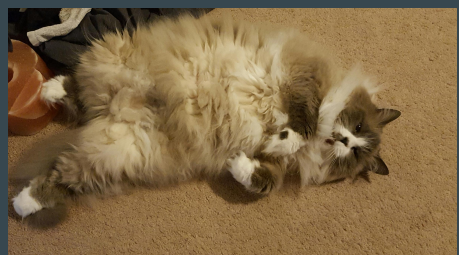
Stretch!

Dynamic stretches

Increase circulation to muscles and joints

Aids in the prevention of injury

Let's practice!



Neck/Head Position

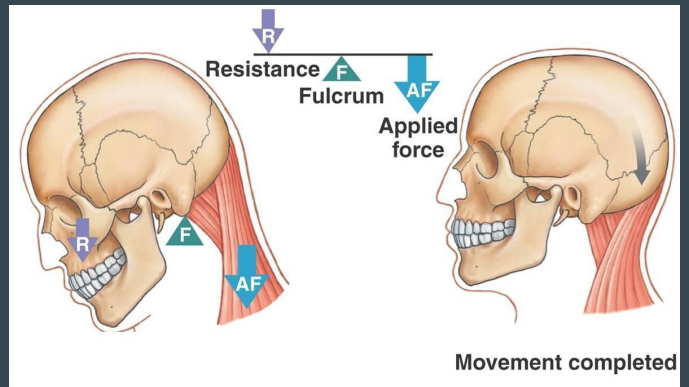
Head and neck create a lever

Poor posture: Pain

Poor head/neck posture related to eyestrain

Setup environment to support proper head/neck alignment

Chin-tuck stretch



<https://alexeinstein.files.wordpress.com/2014/09/lever1.jpg>

20-20-20

What is it?

- Every 20 minutes
- Look at something 20 feet away
- 20 seconds

Why?

- Eye Strain
- Static staring
- Bright screens
- Reduction of eye hydration



Care for your Feet

Base of support
Supportive shoes
Footrest
Anti-fatigue mat



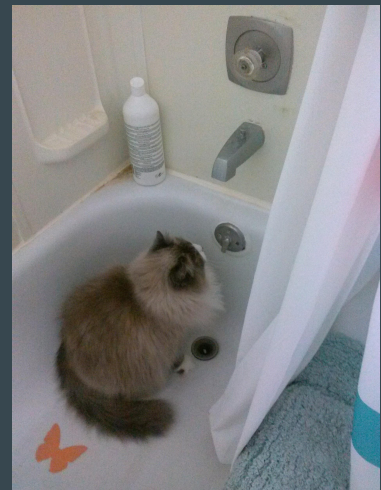
<http://www.comprehensivetherapy.com/images/superfeet.jpg>



https://www.amazon.com/Imprint%C2%AE-CumulusPRO-Commercial-Standing-Anti-Fatigue/dp/B005UA2WO2/ref=sr_1_1?ie=UTF8&qid=1468540779&sr=8-1&keywords=anti-fatigue+mat+cumulus

Hydrate

2 L water/day minimum
Ensure breaks
Keep eyes moist
Increase energy
Improve concentration
Decrease muscle fatigue
...microbreak, anyone?



???

Thank You!



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