

HEALTHY PEOPLE

HEALTHY THINKING

HEALTHY WORKPLACE

HEALTHY PLANET



Osmond
Ergonomics

Osmond Ergonomics, 21 Johnson Road, Ferndown Industrial Estate, Wimborne BH21 7SE
Tel: 0345 345 0898 | Email: info@ergonomics.co.uk | www.ergonomics.co.uk



HEALTHY PEOPLE

HEALTHY THINKING

HEALTHY WORKPLACE

HEALTHY PLANET



>Welcome

HEALTHY PEOPLE

HEALTHY THINKING

HEALTHY WORKPLACE

HEALTHY PLANET

Stuart Entwistle

Training Manager



Osmond
Ergonomics

www.ergonomics.co.uk

HEALTHY PEOPLE

HEALTHY THINKING

HEALTHY WORKPLACE

HEALTHY PLANET

Tips for Homeworkers



Content

- Introduction to Osmond Ergonomics & the trainer
- The risks when working from home
- How should we have our chairs set up?
- Organising our equipment
- Wellbeing & mental health
- Free Resources

Aims

By the end of the workshop delegates will –

- 📦 Understand the potential risks of adopting poor postures
- 📦 Know how to set up your chair correctly
- 📦 Know what a good workstation set up looks like
- 📦 Get an understanding of other 'Hints & Tips' to help manage wellbeing and mental health

Trainer Profile

- Over 19 years' experience
- Started assessing in 2005
- Many workstation assessments completed
 - DSE Assessments
 - Escalated Workplace Assessments
 - Disabled Students – Higher Education
- Training Manager since 2013
 - Internal Training
 - External Training



Who are we?

- Wimborne, Dorset - National Coverage
- All staff trained –
 - Advance Display Screen Equipment (DSE) Assessors
 - 3 day Ergonomics in Practice course
- Regular internal training days –
 - Dyslexia awareness
 - Mental Health awareness
 - Mindfulness



HEALTHY PEOPLE

HEALTHY THINKING

HEALTHY WORKPLACE




HEALTHY PLANET






Tips for Homeworkers

Potential risks when working from home

Physical:

-  Musculoskeletal disorders
-  Eye fatigue
-  Stress

Psychological:

-  Loneliness and isolation
-  Anxiety and stress
-  Depression

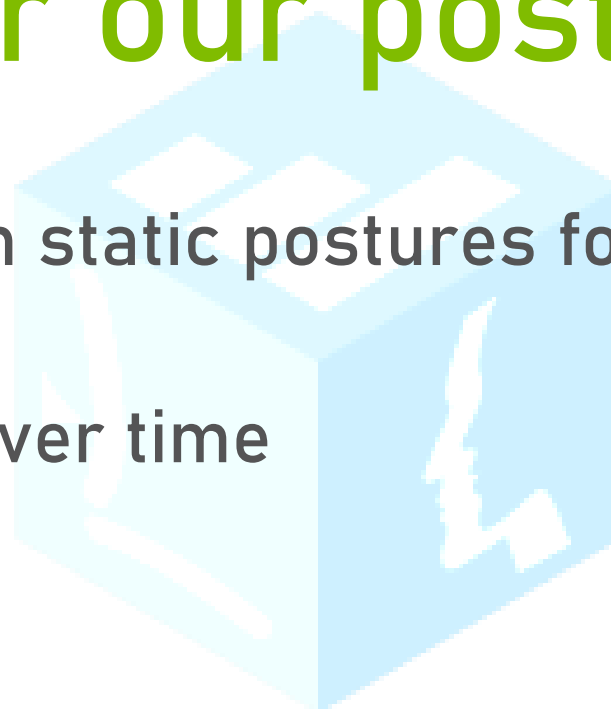
Working Environment:

-  Fire and electrical equipment
-  Personal safety



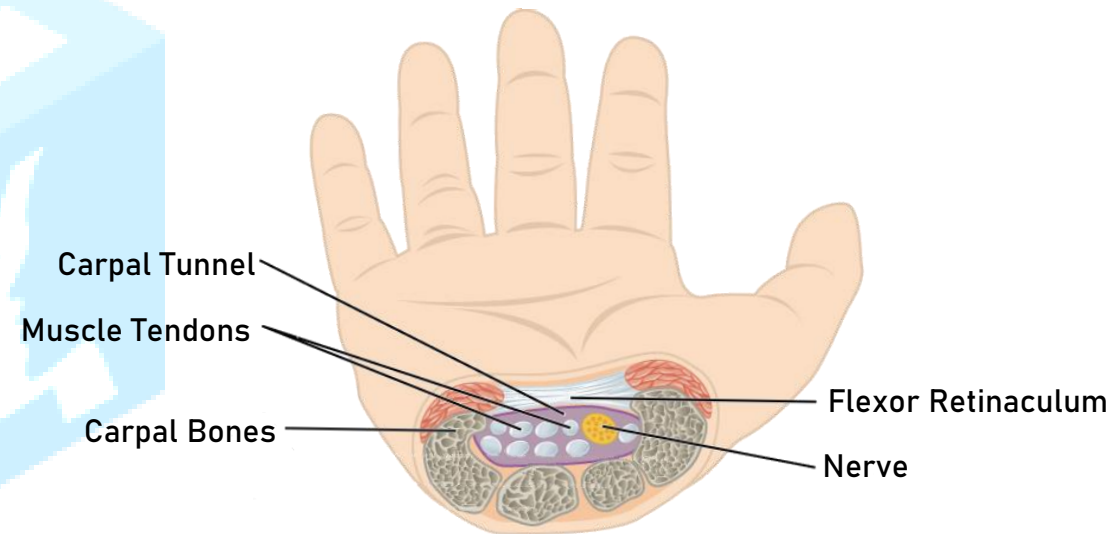
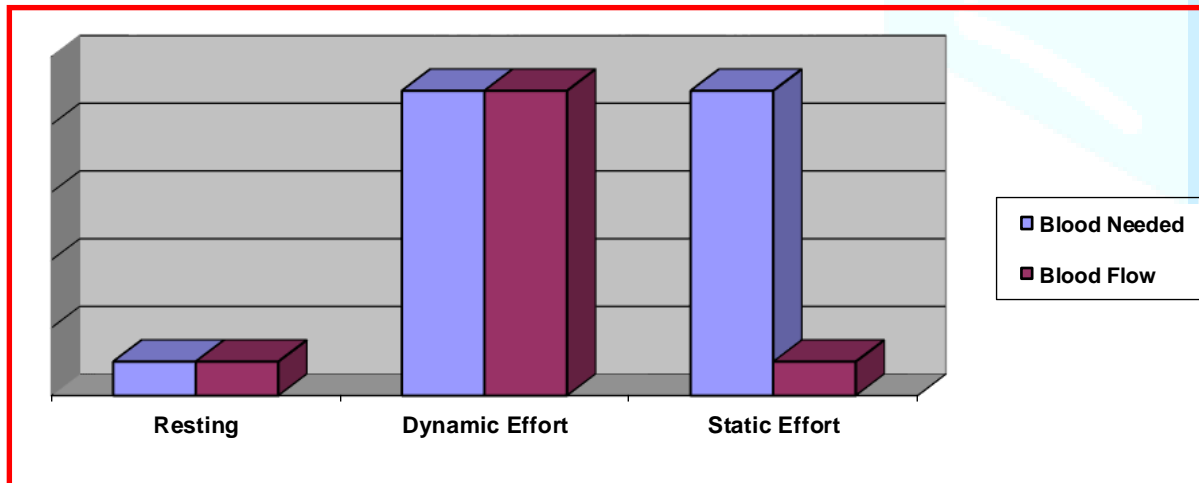
Why look after our posture?

- ❏ Not designed to maintain static postures for prolonged periods
- ❏ Problems can build up over time
- ❏ Cost to us and business



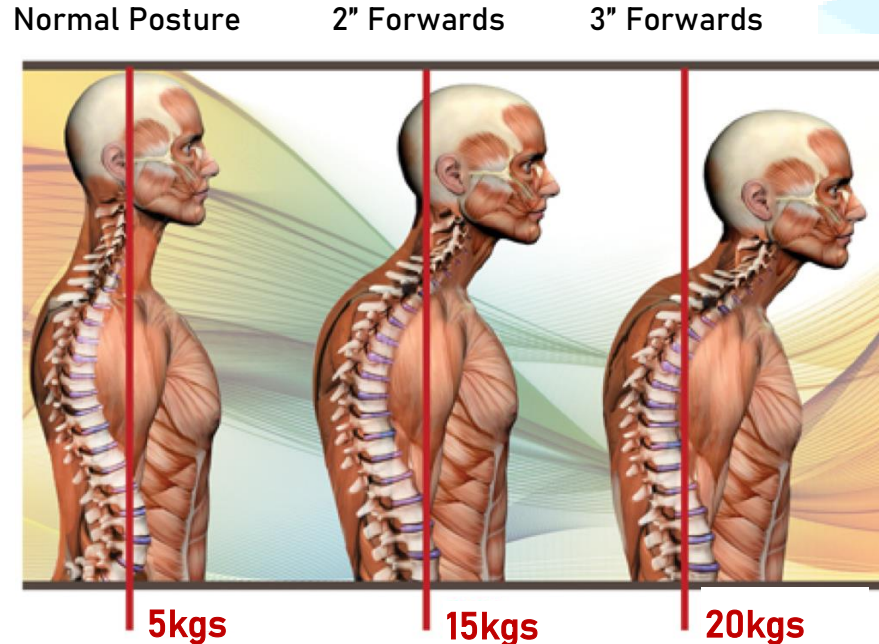
Ligaments, Tendons, Nerves & Muscles

- ❏ Ligaments – Bone to bone connective tissue.
- ❏ Tendons – Bone to muscle connective tissue.
- ❏ Nerves – Relay messages too and from the brain.
- ❏ Muscles – Designed to be relaxed or moving.



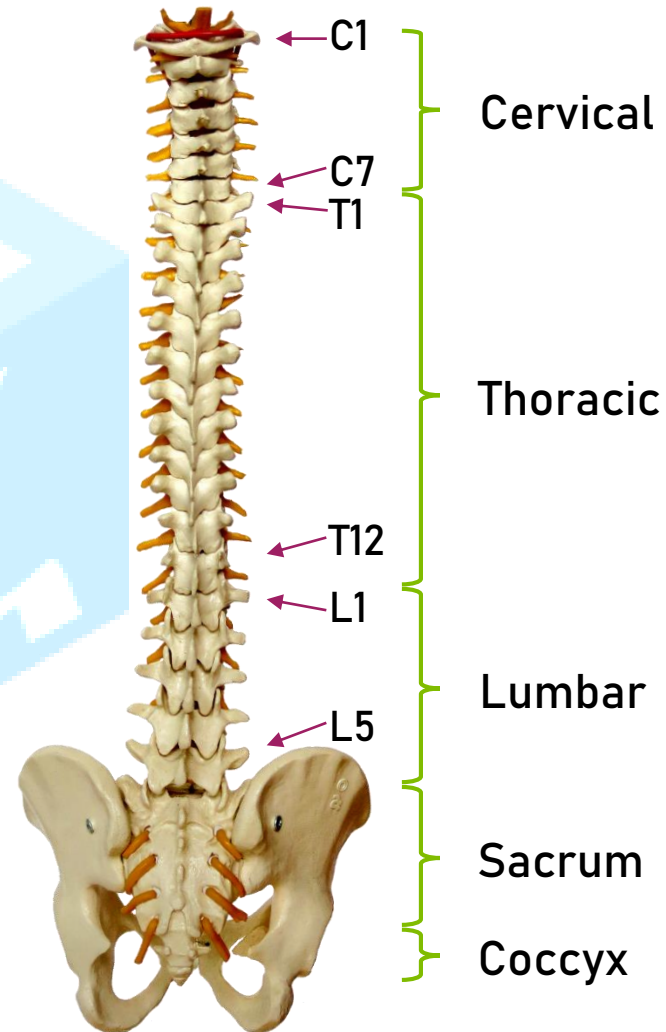
By OpenStax College - Anatomy & Physiology, Connexions
Web site. <http://cnx.org/content/col11496/1.6/>

The Spine & Neck



© 2010 www.erikdaton.com

Posterior View



Before starting...

- ❏ Deciding where to work –
 - ❏ Try to avoid soft seating, sofas and beds
 - ❏ Use a table and chair
 - ❏ Away from too many distractions
- ❏ Sit and position equipment at right angles to a window where possible.
- ❏ Use a task lamp for dimly lit workspaces



Sitting posture

- ❏ Sitting with the chair too low and too far from the desk encourages a slouched posture with no support from the chair back.
- ❏ It is likely to result in arms stretched forwards (or sideways) and/or shoulder lifting
- ❏ The head is tilted forward.
- ❏ Feet are hooked around the chair base restricting blood circulation in the legs.
- ❏ Shoulders may be hunched.
- ❏ This all causes undue muscle tension.



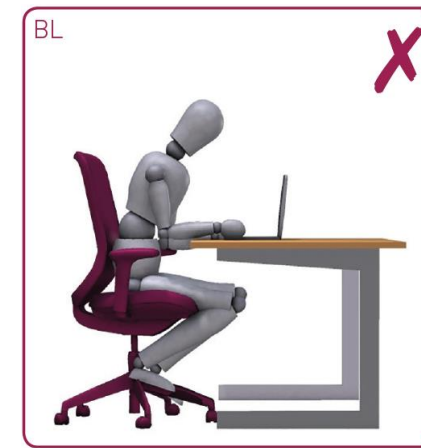
Sitting posture

- ❏ Move the chair close to the desk and sit back on the seat.
- ❏ Adjust the chair back so that the upper body is relaxed and supported.
- ❏ Raise the chair seat so that, with the upper arms vertical, the elbows are level with or just above the desk.
- ❏ If your chair is not adjustable, use cushions to raise yourself up and/or support your back.
- ❏ Use a foot rest or box if the feet do not touch the ground.



Screen height

- ❏ If the screen is set too low, this encourages the user to tilt the head downwards.
- ❏ As a result, the whole body tends to lean forward, moving away from the support of the chair back and encouraging slouching.



Screen positioning

- ❏ *Raise the screen so that the visible screen top is just below eye level.
- ❏ Screen should be positioned about an arms length away.
- ❏ If you are using a laptop, ideally you should be using a laptop stand, separate keyboard and mouse.
- * Use a couple of books or a box to get your screen to a better height



Wellbeing & mental health

- 📦 Try to keep to 'normal' routines.
- 📦 Start and end the day at fixed times – switch your devices off at the end of the day.
- 📦 Create a to-do list for the day or following day.
- 📦 Take regular breaks, keep a window open, go for a walk.
- 📦 Stand when making telephone/video calls and move around whenever possible. Movement is key to reducing fatigue and maintaining productivity.
- 📦 Keep in regular contact with colleagues to reduce the feelings of isolation. Schedule virtual coffee breaks.
- 📦 If you feel isolated or anxious, speak to your manager or contact your employer's EAP.



HEALTHY PEOPLE

HEALTHY THINKING

HEALTHY WORKPLACE

HEALTHY PLANET

Questions



Review of

Aims

- Understand the potential risks of adopting poor postures
- Know how to set up your chair correctly
- Know what a good workstation set up looks like
- Get an understanding of other 'Hints & Tips' to help manage wellbeing and mental health

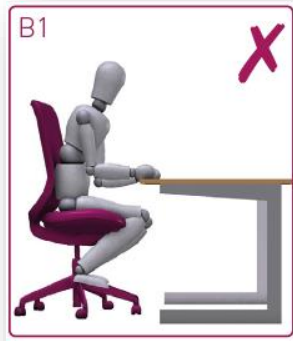
HEALTHY PEOPLE

HEALTHY THINKING

HEALTHY WORKPLACE

HEALTHY PLANET

Free Resources



More ideas for individuals to sit less and be more healthy

- Raise your sit-stand desk up too high at the end of the day. It makes life easier for cleaners and forces you to reposition it in the morn
- Raise the desk when colleagues approach to talk standing up.
- Stand for telephone conversations, especially if it's long.
- Stand to sort papers and files.
- Send an internal email? Do and speak to the person instead.
- Have walking meetings.
- Park as far away from the building as possible.
- Use the stairs, not the lift.
- Wear a pedometer and track your steps. Compete with your colleagues.
- Enrol in health programmes.

Ideas for employers to optimise performance & alternatives to sitting

- Train users to understand how to use their sit-stand desks and what good posture looks like looking at the desk.
- Install "passeur tables" for short standing meetings.
- Consider replacing some meeting tables with sit-stand tables.
- Check if it's possible to slow down the lift to allow people to stand.
- In established Hot Desking areas, install a pair of sit-stand desks. This will work very well provided the sit-stand desks are properly adjusted.
- Use schemes like Global Corporate Challenge to encourage movement.
- Create walking routes around your premises.
- Label routes and staircases with calories burned.
- Incorporate posture and ergonomics into your health and safety training.
- Gain your workplace to encourage movement.

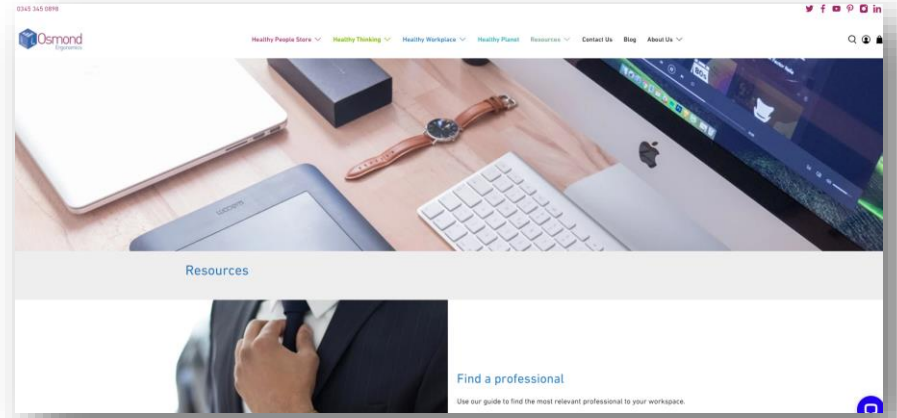
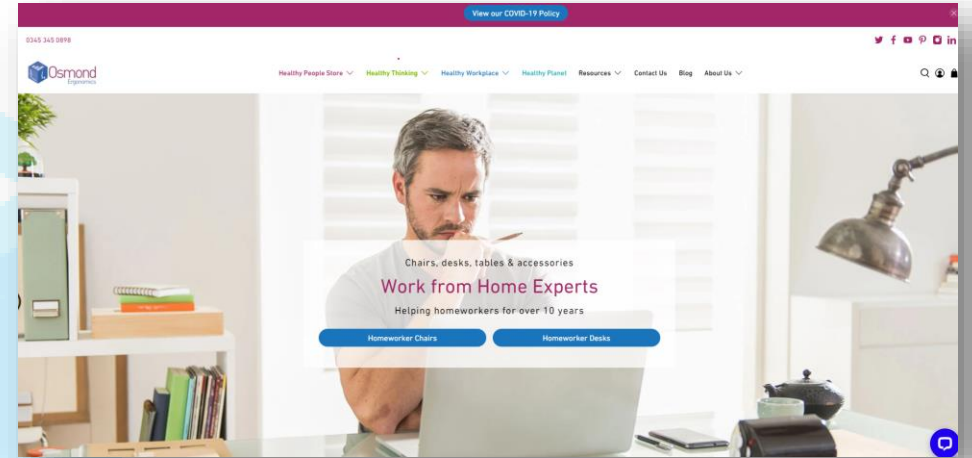
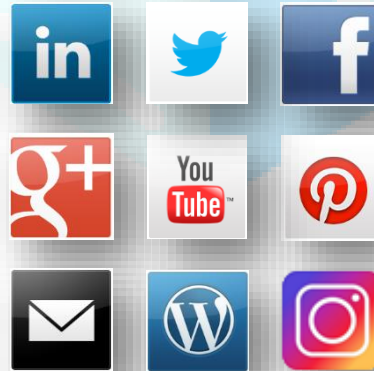
Osmond Ergonomics

Stop & Think before you Sit & Stand

Using a sit-stand workstation requires behaviour change. Here are some ideas to make the most of the opportunity.

	Sitting or standing make sure your posture is good.		Don't sit or stand for too long - mix it up.
	Drink lots of water. It's a good for you and creates natural comfort breaks.		Move about. Are there other work areas you can also use?
	Have some of your meetings standing or better still, walking.		Think about your tasks. Some are easier sitting and others are better suited to standing.

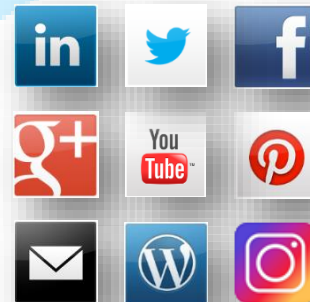
Osmond Ergonomics, 21 Johnson Road, Ferndown, Dorset, BH14 9JG
Tel: 0345 345 0899 | Email: info@osmondergonomics.co.uk



Knowledge > Innovation > Productivity

Free resources

- Our free to download posture guidance, stretching and agile working information can be found [here](#).
- We now have one page for eBulletin & Product Radar subscription with links to each archive. If you don't already receive them, you can subscribe [here](#).
- Social Media for useful information and articles on ergonomics, health, safety and wellbeing.



Healthy People Store ▾ Healthy Thinking ▾ Healthy Workplace ▾ Healthy Planet ▾ Resources ▾ Blog ▾ About Us ▾ Contact Us

Posture Guides

Posture Guides

Agile working is on the increase and here to stay. This brings its own challenges for people working in a variety of locations and environments. Technology is pervasive and our technical interactions are migrating rapidly to mobile and hand-held devices, keeping us connected and able to work almost anywhere. This inevitably affects our posture and can lead to musculoskeletal issues in the longer term. Adopting the correct posture when sitting, standing and operating mobile devices aids the prevention and management of existing musculoskeletal problems. Regular stretching exercises are even more beneficial.

That is why we place such emphasis on support tools such as our free guides.

Please note that our **Handheld Devices Posture Guidance** has now been replaced by the **Agile Working Posture Guidance**.

Monthly eBulletin Archive Product Radar Archive

Product Radar - The HomeFit
November 10, 2020

You are currently browsing the archives for the Product Radar Archive category.

We now use this page to archive our monthly eBulletin and Product Radar newsletters. You can find our blog collection [here](#).

WHAT ARE YOU LOOKING FOR?

EMAIL SUBSCRIPTION
Enter your email address to subscribe to this blog and receive email notifications of new posts.
Join 1,309 other followers

ARCHIVES

- November 2020
- October 2020
- September 2020
- August 2020
- July 2020
- June 2020
- May 2020
- April 2020
- March 2020
- February 2020
- January 2020
- December 2019
- November 2019
- October 2019
- September 2019
- August 2019
- July 2019
- June 2019
- May 2019
- April 2019

Introduction

Introducing a product that is like no other and is essential to any homemaker who has limited space and can not fit an extra desk. The HomeFit transforms from a small cabinet to a seated or standing workstation quickly and with ease. This product will help promote movement and good posture throughout the day leading to the prevention of muscle aches and pains.

Features & Benefits

- Height adjustable sit-stand desk to suit your posture needs
- 3 colours available to blend seamlessly into your home
- Handy storage tray to help with organisation and storage
- The frame and height adjustment are made of black metal
- Aluminium handle for durability

Free Resources

- ❏ Avoid becoming chair-shaped! Fitback Physiotherapy offers their [Super 7 exercises in 7 minutes](#) to strengthen your back
- ❏ Cardinus have a useful app for both Apple and Android phones. Search HealthyWorking in the Apple App Store or Google Play.
- ❏ Champion Health – Workplace Health & Online Mental Health Training.
 - ❏ www.championhealth.co.uk

CHAMPION
HEALTH



HEALTHY PEOPLE

HEALTHY THINKING

HEALTHY WORKPLACE

HEALTHY PLANET

Contact

stuart.entwistle@ergonomics.co.uk

OSMOND GROUP LIMITED

21 Johnson Road, Ferndown Industrial Estate, WIMBORNE BH21 7SE

0345 345 0898 | info@ergonomics.co.uk

Opening Hours: Monday to Friday 08:30 - 17:00

HEALTHY PEOPLE

HEALTHY THINKING

HEALTHY WORKPLACE

HEALTHY PLANET



Osmond
Ergonomics

The UK's most knowledgeable provider of
innovative products and services
to improve
workplace wellbeing and productivity