Ergonomic Considerations

Ergo and Workstation Design

Designed to support Fit at work, Complements offers ergonomic products such as monitor arms, task lighting, CPU holders, keyboard trays, accessory rails and height adjustable tables. Complements also includes organizational tools that keep documents and supplies close at hand, minimizing the opportunity for clutter, as well as innovative electrical products like Powermat wireless charging and various wire management solutions. The Complements offering does just as the name says, it completes a complement of products in form, function, and finish creating positive, healthy and productive work space experiences.

Different Types of Office Workers

There are generally three different types of office workers, determined by the amount of time sat at a computer performing their task each day. Intensive users typically spend over four hours a day in front of a computer, intermittent users spend between two and four hours, and occasional users less than two hours. The chart below identifies each user and outlines the necessary ergonomic workstation needs.

<table>
<thead>
<tr>
<th>Application Type (Use Per only)</th>
<th>Intensive User four+ hours computer work</th>
<th>Intermittent User two to four hours computer work</th>
<th>Occasional User less than two hours computer work</th>
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</thead>
<tbody>
<tr>
<td>Task Definition</td>
<td>Situations in which the individual performs long-term and/or repetitive operations, usually intensive keyboarding. May also be multi-user.</td>
<td>Situations where the individual performing a variety of functions on multiple surfaces, with moderate duration of task effort throughout the day, including keyboarding, reading, filing, meetings, etc.</td>
<td>Short-term seated work such as light keyboarding</td>
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<tr>
<td>Typical Use Situation</td>
<td>• Data Processing&lt;br&gt;• Switchboard/Call Center&lt;br&gt;• Computer Programmer</td>
<td>• Manager, Executive&lt;br&gt;• Administrative&lt;br&gt;• Professional</td>
<td>• Sales Office&lt;br&gt;• Executive, Manager&lt;br&gt;• Executive Office</td>
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<tr>
<td>Needs</td>
<td>• High level of adjustability and comfort</td>
<td>• Comfort and ability to create more room and worksurface space</td>
<td>• Basic adjustments &amp; clear worksurface</td>
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</tbody>
</table>
The Workstation

The workstation is divided into three zones - Primary, Secondary and Reference. A well-designed and set-up workstation will have accessories properly positioned in relation to the seated user in each of these zones.

Primary Zone – Within Immediate Reach

• Everything is within the seated user’s reach when elbows are at their side.
• Items in this zone are used constantly throughout the work day, such as keyboard and mouse, to prevent injury.

Secondary Zone – Within Arm’s Reach

• Everything is within a 180˚ sweep of both arms when out-stretched.
• Items in this zone are used frequently throughout the day, such as monitor, document stand, planner, telephone and lighting.

Reference Zone – Beyond

• Anything beyond arm’s reach.
• This zone includes heavy reference files and materials.

Teknion has extensive knowledge of the work environment. We understand the importance of designing and setting up work environments properly, and making them adjustable to suit the needs of the user. We also understand the importance of providing our clients with the proper tools they need to ensure that their employees remain healthy. It is with this knowledge that we developed our Complements line of ergonomic accessories for the office environment.