

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

ERGONOMICS DURING QUARANTINE

By Enid Kanyiri-Occupational Physiotherapist

INTRODUCTION

- ▶ Due to the infectious nature of the novel coronavirus, it's crucial that we stay and work from home in order to prevent its further spread. Our homes were not designed for this kind of working, therefore risks have come with it.



WHAT IS ERGONOMICS?

- ▶ Ergonomics as defined by Occupational Safety and Health Association, is the science of fitting a workplace to the user's needs, **ergonomics** aims to increase efficiency and productivity and reduce discomfort.
- ▶ A sound understanding of ergonomics can prevent most workplace injuries by adjusting tools to the user, putting an emphasis on proper posture to reduce the impact of repetitive movements.
- ▶ Ergonomics also takes into account the need for movement throughout the day.

WHAT ARE THE RISKS INVOLVED WITH WORKING FROM HOME (WFH)?

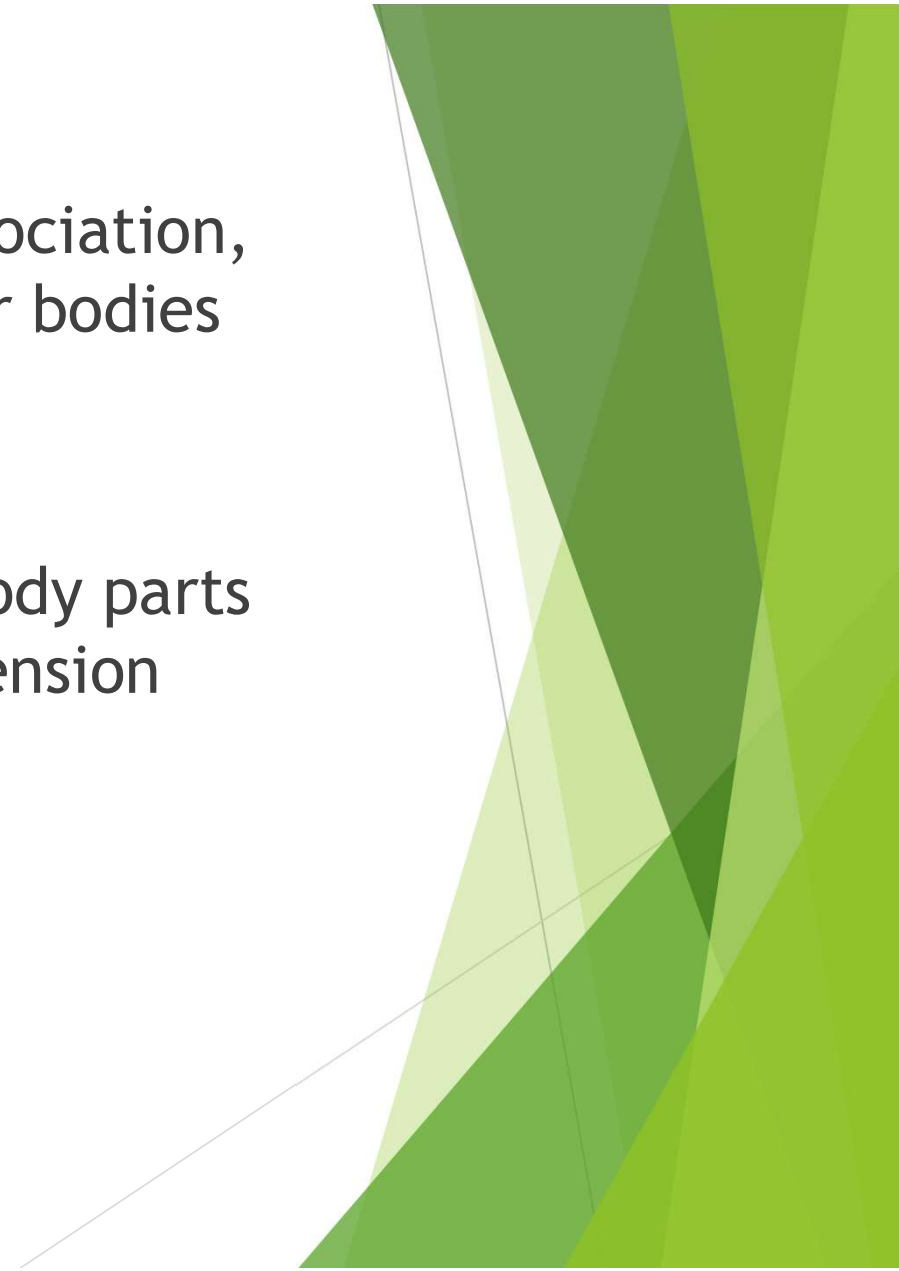
- ▶ -Poor postures
- ▶ -long hours in one position
- ▶ -poor lighting/environment-noise
- ▶ -Psychosocial stress



WHAT IS POSTURE?

According to the American Chiropractic Association, posture is the position in which we hold our bodies while standing, sitting, or lying down.

Good posture is the correct alignment of body parts supported by the right amount of muscle tension against gravity.



IMPORTANCE

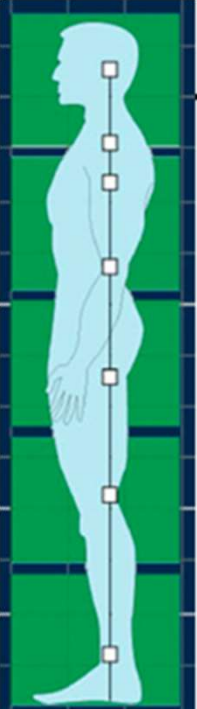
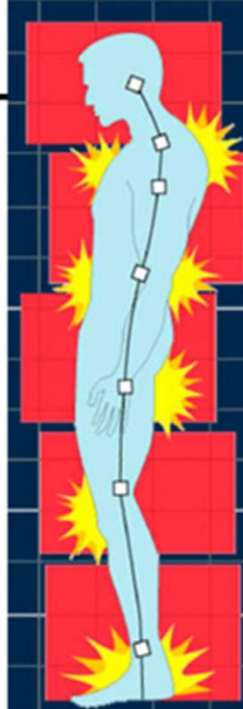
- ▶ Decreases abnormal wearing of joint surfaces
- ▶ Minimises injuries as an effect of reduced stress on ligaments
- ▶ Allow muscles work efficiently, therefore less energy used and hence less fatigue
- ▶ Prevents muscular strain and pain



POSTURE AS A RISK



CORRECT STANDING POSTURE

	Good Posture Results in... <ul style="list-style-type: none">• Prevents back pain• Maintain proper muscle and joint usage• Prevent spine from forming into abnormal positions• Center your balance• Reduce stress• Promote efficiency since muscles, joints and bones are being use optimally• Encourage confidence and good morale	Bad Posture Results in... <ul style="list-style-type: none">• Lower pack pain• Shoulder pain• Neck pain• Frequent headaches• TMJ dysfunction• Bone spurs• Intervertebral disc damage• Fibrotic scar tissue• High blood pressure• Breathing problems• Fatigue	
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**Sway
Back**



**Lumbar
Lordosis**



**Thoracic
Kyphosis**

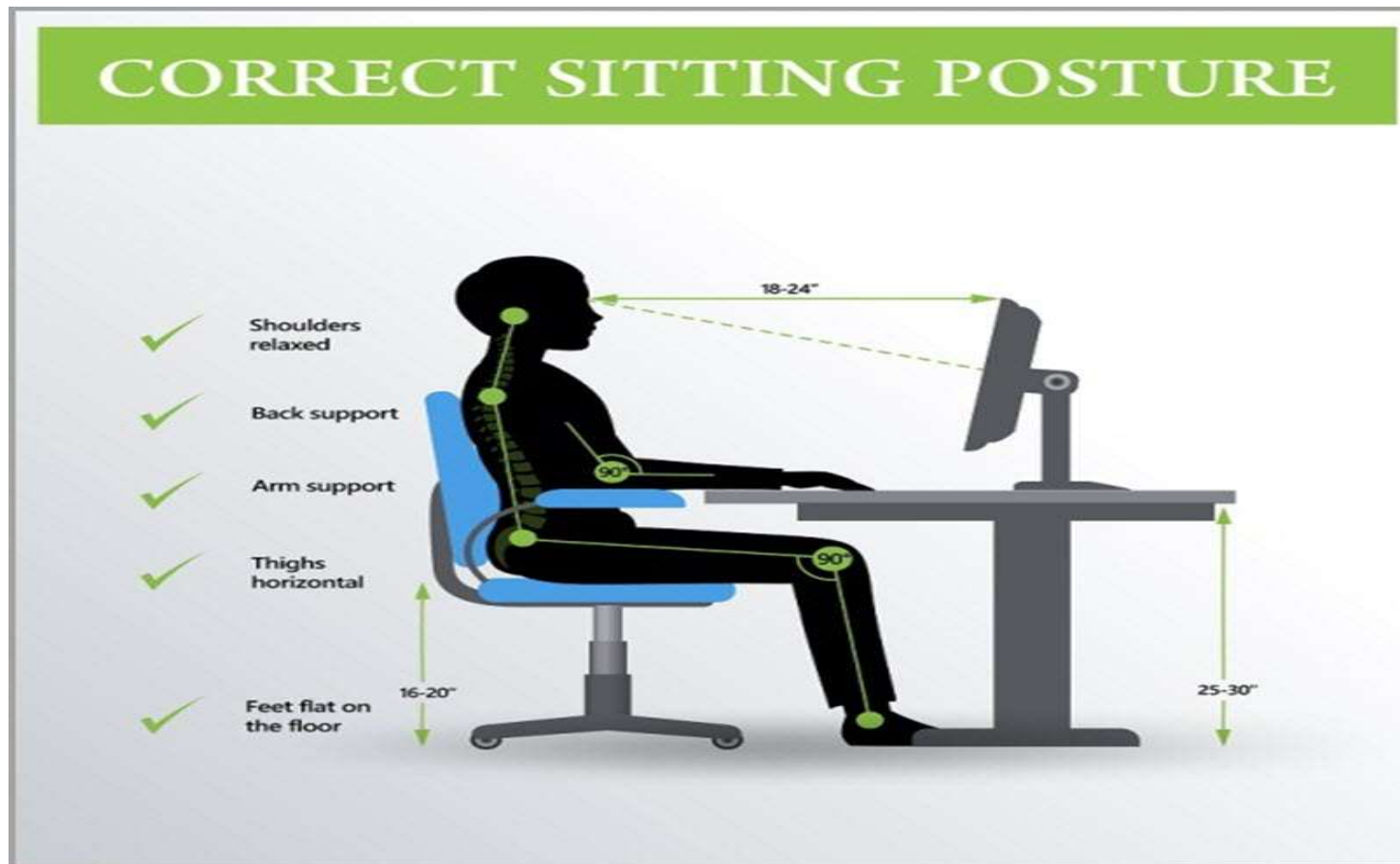


**Forward
Head**



**Good
Posture**

CORRECT SITTING POSTURE



MULTITASKING RISKY POSTURES



Doctors
call this
the iHunch

© BRIGHTSIDE



Position	Neutral	15 °	30°	45 °	60 °	90°
Force To Cervical Spine	10-12lbs.	27lbs.	40lbs.	49lbs.	60lbs.	Not Measurable

WHAT ARE THE EFFECTS OF POOR POSTURE?

Poor posture causes muscle tension as discussed from the illustrations, hence:

- ▶ -Joint stiffness and loss of joint range of motion
- ▶ -muscle atrophy
- ▶ -reduced mobility hence poor blood and nutrients circulation
- ▶ -Back pains
- ▶ -Disabilities

HOW CAN WE PREVENT?

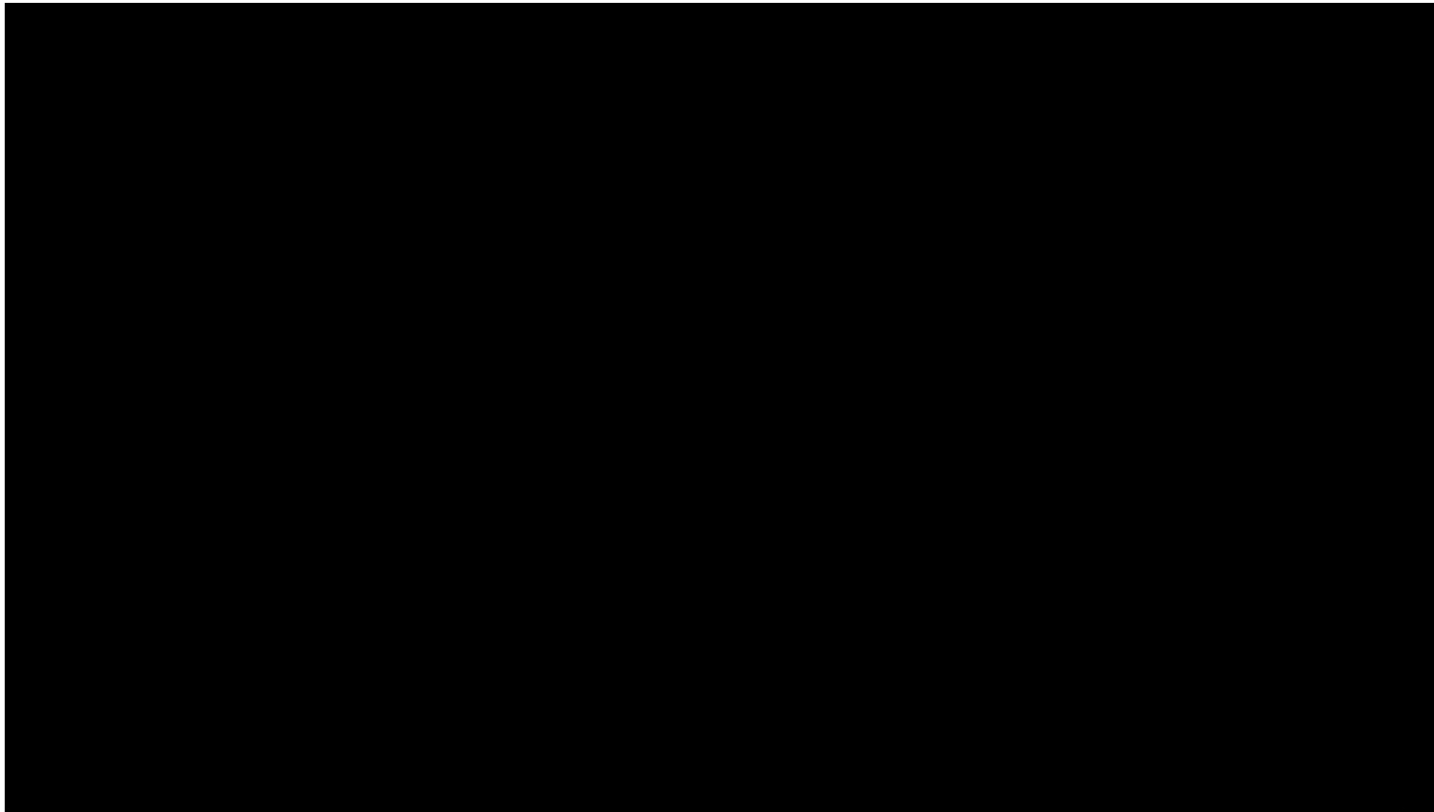
- ▶ -Good postures applied at all times and all positions
- ▶ -Regular stretches or breaks (tabata workout at your desk. group \individual)
- ▶ -Exercise-walks, you tube
- ▶ -Balanced work program
- ▶ -Modified ergonomic desks
- ▶ -Modify the bed or couch by adding a firm board underneath

CONTINUATION OF PREVENTION

- ▶ -Wireless phones if you have to multitask.
- ▶ -Workable schedules breaks (workrave.org)
- ▶ -Compartmentalize your home with
- ▶ -Training /education



Desk stretches



Desk exercises



SUPPORT FOR THE BACK



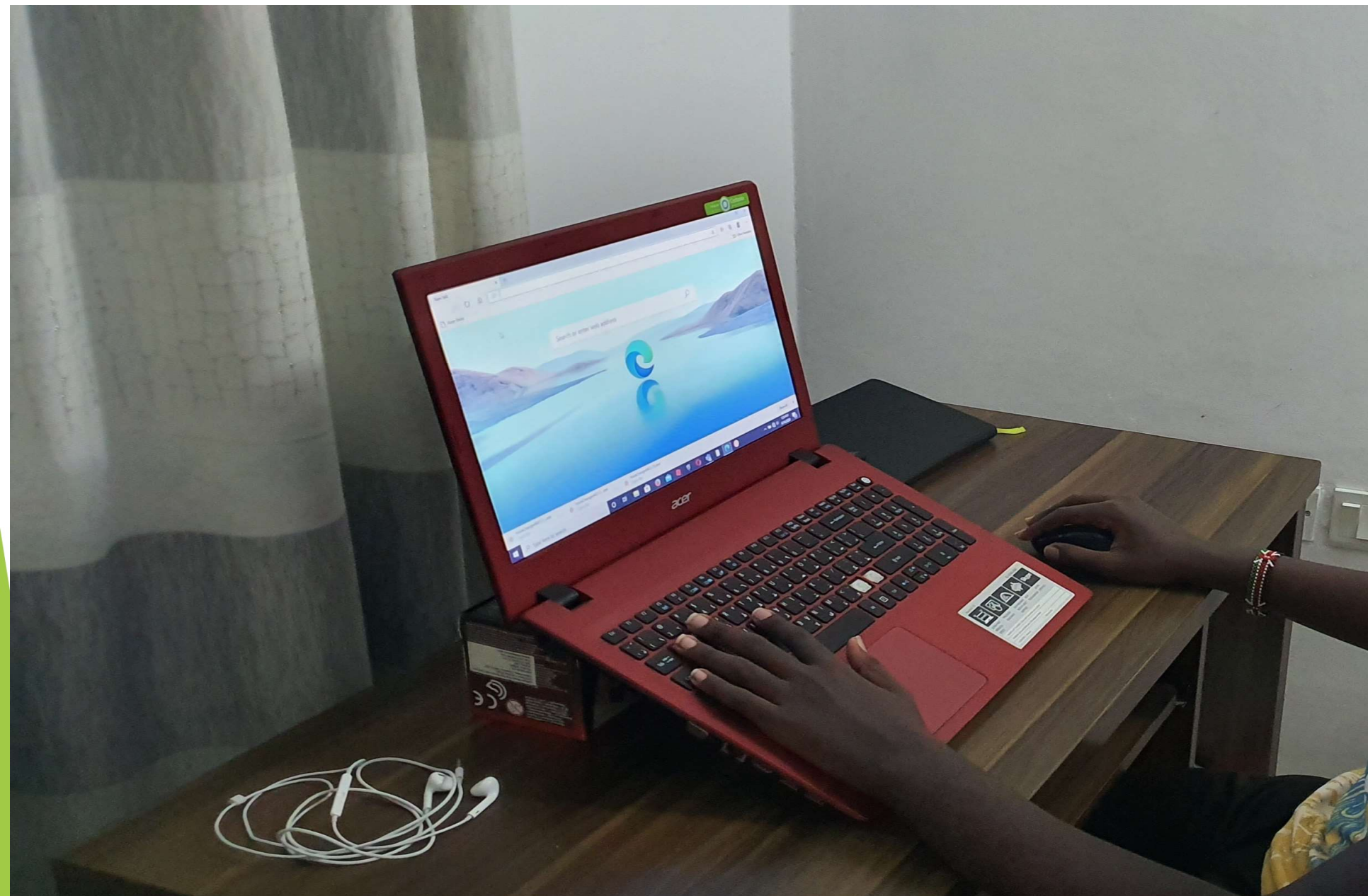


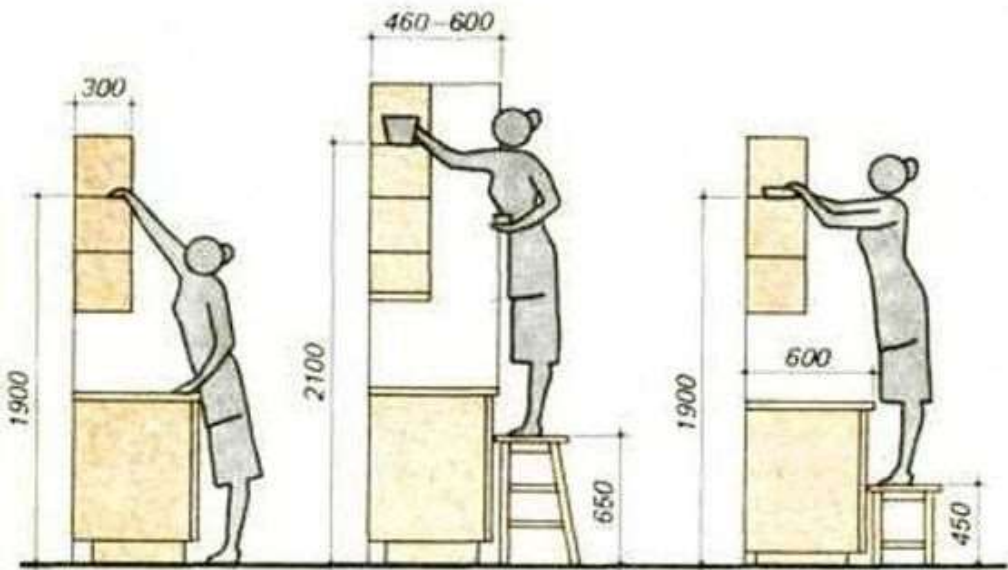
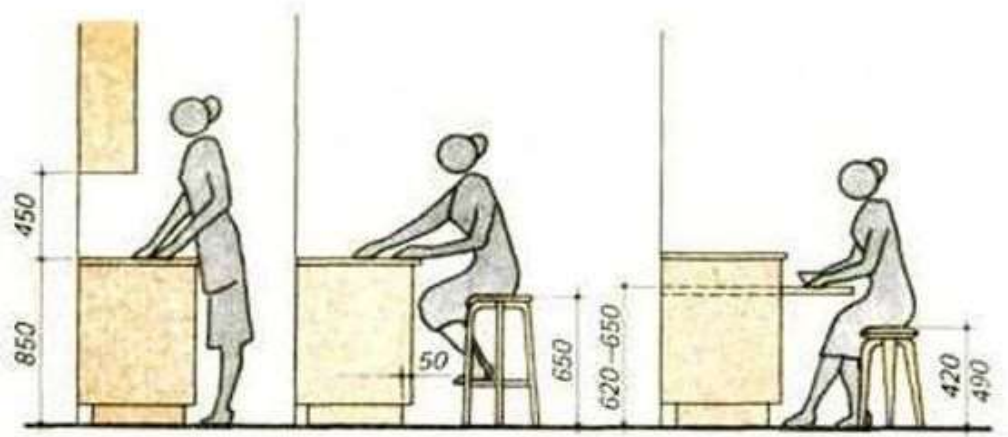
OTHER ERGONOMIC ACCESSORIES



Invisible Laptop Stand







**MOVEMENT
IS MEDICINE**

