



Office Ergonomics: Practical Applications

Céline McKeown

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Moving from theory into practical reality, ergonomics has come of age as a useful tool for generating safe, comfortable, and productive working environments. Tackling both the simple and complex aspects of a variety of workplaces, **Office Ergonomics: Practical Applications** demonstrates how to create offices that accommodate all workers. The book contains practical advice on how to maintain an office environment that promotes a healthy, safe, and efficient workforce.

Covering workstation design, selection, layout, and use, the book details the impact of computers on worker well-being, particularly when used under unfavorable conditions, and discusses how ergonomics can accommodate disabled workers. The author emphasizes the need to offer 'protection' to people involved in manual handling in offices, an issue that is frequently overlooked, and offers advice on how to work satisfactorily in non-office environments. She explores the possible negative outcomes, such as back pain, headaches, and upper limb disorders, of a poorly designed workstation.

Walking you through all the features of an office, the book provides insight into the potential problem areas that workers often encounter. The book explains how to identify suitable workstation furniture, test it, trial it, and introduce the final selection so the workforce accepts it. The author draws on first-hand experience dealing with difficulties in many types of office situations to provide straightforward, easily applicable advice on how to improve the workplace to reduce the likelihood of workers experiencing discomfort, ill-health, and dissatisfaction.

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