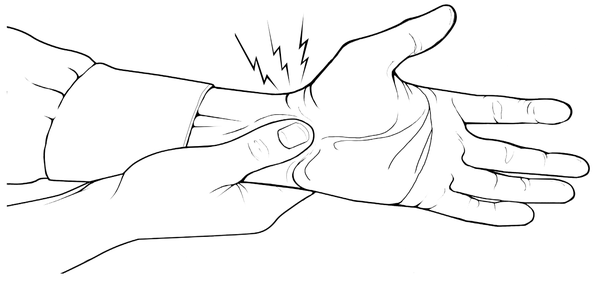
ERGONOMICS PROGRAM: THE COMPUTER WORKSTATION

NATIONAL INSTITUTES OF HEALTH | OFFICE OF RESEARCH SERVICES | DIVISION OF OCCUPATIONAL HEALTH AND SAFETY



Are you experiencing numbness, tingling, stiffness, cramping or general discomfort in your ...

WRIST	HANDS	SHOULDERS
NECK	LEGS	LOWER BACK

If so, please contact Occupational Medical Service (OMS) located in Bldg 10 Room 6C306

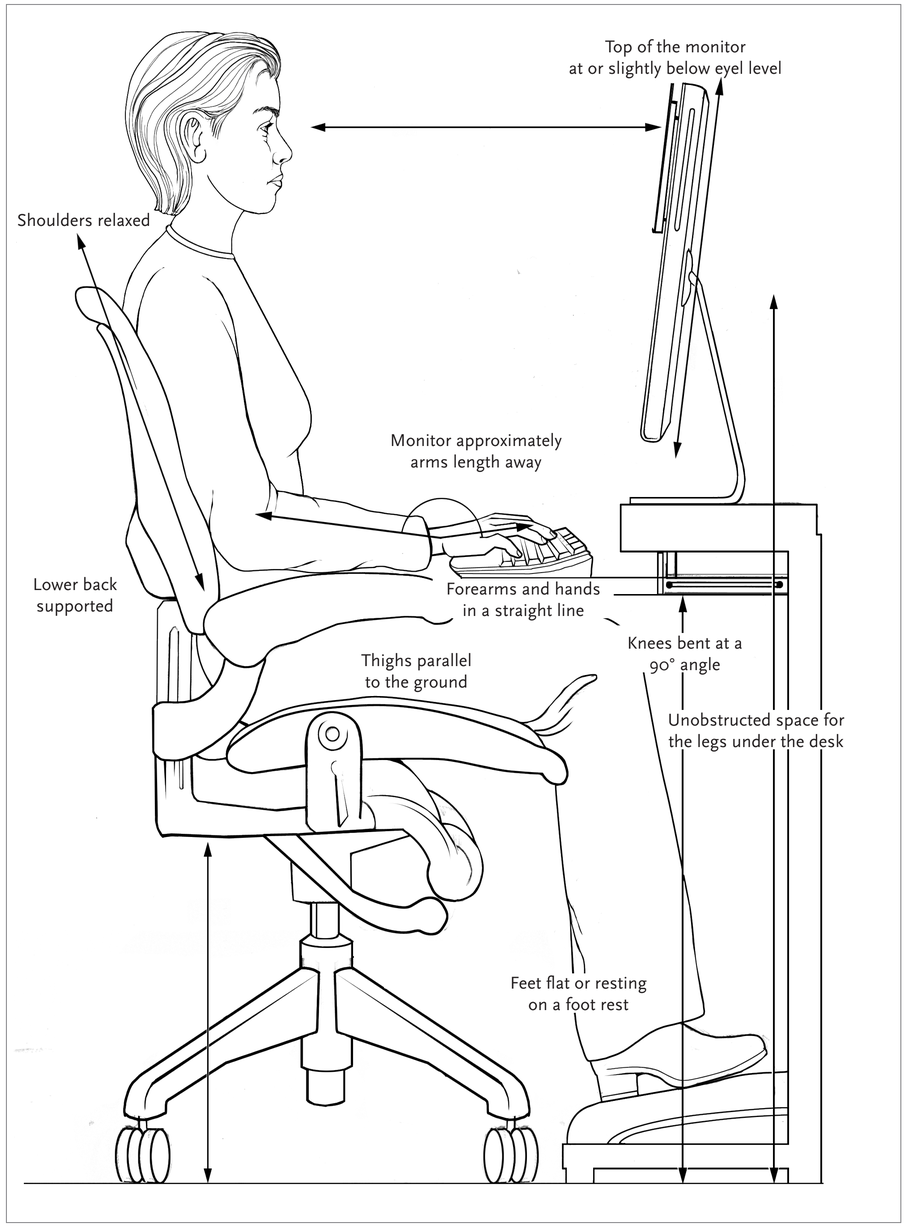
NO MATTER WHAT WORK YOU DO, ERGONOMICS PLAYS AN IMPORTANT ROLE IN PREVENTING OCCUPATIONAL INJURY AND ILLNESS

Ergonomics –"Fitting the job to the worker"

INCLUDES:

- *Exercises and stretching*
- *Adjustable chairs, keyboard trays, monitor arms*
- *Proper posture*
- *Furniture layout*
- *Lighting*
- *Input devices (mouse)*
- *Footrest*

Components of an Ergonomic Workstation



Visit the Division of Occupational Health and Safety's (DOHS) ergonomics website:

http://dohs.ors.od.nih.gov/ergonomics_home.htm

- Learn how to set up your workstation ergonomically
- Learn how to properly adjust your chair
- Learn proper stretching and office exercises
- Information on ergonomic equipment manufacturers

Ergonomic services provided by DOHS:

TRAINING PROGRAMS:

- Office and laboratory ergonomics training
- Back safety training
- Specialized training for jobs involving tools and lifting

ERGONOMIC EVALUATIONS:

- Computer workstation evaluations for NIH personnel
- Worksite evaluations in laboratories, patient care,cafeterias, environmental services, etc.
- Post-injury worksite evaluation for injured or disabled employees

TO REQUEST AN ERGONOMIC EVALUATION

Contact the Ergonomics Program Manager

at

301.496.3353