

AMH *InsideOut*

Office Ergonomics

by Paul Rudis, RCEP, AMH Industrial Rehabilitation
 adapted from Washington State Department of Labor and Industries



PRACTICAL SOLUTIONS FOR THE WORKPLACE

Ergonomics is the study of how people interact in their working environment. It considers the physical capabilities and limitations of the worker as he or she interacts with their work space, tools, and equipment. By designing tasks, arranging work spaces and following sound ergonomic principles, the idea is to help reduce stress on the body and prevent musculoskeletal disorders (MSD's) associated with the overuse of muscles, poor posture, and repetitive tasks.

Ergonomics is a tool that companies and managers use to reduce or prevent MSD's in the workplace. In addition to MSD prevention, ergonomics enhances performance, efficiency and productivity of people in their work environment. The application of ergonomics in the workplace is often a creative process which will include input from ergonomic professionals, management, and staff to maximize the effectiveness of a successful program.

If you are interested in learning more about office ergonomics and how it relates to you- AdvanceMed Hanford's feature presentation for May covers office ergonomics and prevention of MSD's. Contact Paul Rudis of AMH Industrial Rehabilitation on 376-2109 to schedule a presentation for your work group.

HEALTHY WORK PRACTICES- QUICK REFERENCE IDEAS

- Adjust your chair, work surface, keyboard platform, and mouse to maintain neutral positions of the neck, spine, and wrists.
- Sit in a comfortable upright position with your feet flat on the floor (or on a footrest), thighs fully supported by the chair seat, with no pressure on the back of the knees.
- Alternate work tasks throughout the day.
- Alternate tasks between right and left hand and alternate between use of keyboard and mouse.
- Adjust your posture frequently throughout the day.
- Use minimal force when typing on your keyboard.

Invite AMH to be a guest at your next work group meeting.

May Feature Presentation:

Office Ergonomics



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ERGO TIP: ORGANIZING YOUR WORK AREA

The way you organize your work area affects your body's position and the amount of reaching that you have to do. Long reaches to pick up heavy objects or items that you use frequently can contribute to discomfort and injury. This is because extended reaches put your body in an awkward position which can cause your muscles to work beyond their normal limits.

An important concept to think about is how far you can reach without excessive strain to your body (**reach zones**). You can determine your **easy reach zone** by moving just your hands and forearms with your elbows at your sides and your shoulders relaxed. For most people, this is an area about 16" to 18" in front of their body. The other zone you need to consider is your **maximum reach zone**, which how far you can reach just by moving your arm at the shoulder, without

leaning forward. For most people this will be an area about 26" to 34" away from the body.

Keep these items in your easy reach zone:

- Frequently used items
- Items that require finger dexterity (keyboard, mouse, phone, calculator)
- Items that require hand force to use (staplers, hole punch)
- Heavy objects if used frequently (manuals, binders, etc.)

Try to keep items that you use less frequently within your maximum reach zone. Stand up to reach items that are above your shoulder height or beyond your maximum reach zone. You are the best judge of how to arrange your work area. If you take the time to bring items into their appropriate zone, you'll likely be more comfortable and efficient as you work.



WATCH FOR UPCOMING EVENTS WITH AMH

May
[Weight Loss Convoy \(ongoing\)](#)
[Site-Health Fairs \(13th\)](#)
 Health & Safety Expo (18th-19th)

June
[Weight Loss Convoy \(ongoing\)](#)
[Site-Health Fairs \(10th\)](#)
[Tobacco Cessation Class \(starts 14th\)](#)

Select a link or visit our website: www.hanford.gov/amh

Exercise is Medicine™ Month: Learn how to use Exercise as Medicine for Life!

by Laura Eddy, BA Exercise Science, AMH Clinical Exercise Specialist

The American College of Sports Medicine has recognized May as “**Exercise is Medicine™ Month**”. One of the main goals of this initiative is to make physical activity and exercise a standard part of disease prevention and treatment. This includes ensuring that patients feel comfortable discussing exercise with their physician.

If there was a pill you could take to prevent and treat disease, as well as improve your quality of life, would you take it? Of course – we would *all* take this medicine. That medicine is physical activity. Research has shown the benefits of exercise extend not only to our external wellness (decreased body fat, increased muscle) but actually *prevents* and *improves* many chronic diseases such as diabetes, high blood pressure, high cholesterol, stroke, asthma and COPD, and mental illnesses, such as depression and anxiety. Even more astonishing is that better fitness can improve longevity and quality

of life, and is often cheaper than most prescription medications. Would you rather spend \$60 on a nice pair of athletic shoes that will last you many months or spend \$100-\$150 *each month* on cholesterol, blood pressure, and diabetes medications? Think about how much money you could save!

While the term “exercise” can mean many different things to many different people, this initiative is focused on our overall health and well being...and exercise should be an integral part of your wellness plan. Exercise can be in many forms: structured classes or workout sessions, walking with a friend (or your favorite furry friend), yoga or pilates, playing with kids or grandkids. Whatever mode you choose to participate in, most adults should accumulate 150 minutes of moderate level physical activity each week. That is just **30 minutes** of exercise on **5 days** of the week! Additionally, health benefits can still be seen by breaking up those 30 minutes into three 10

minute bouts, especially for those who suffer from a chronic disease such as diabetes, COPD, asthma, or cardiovascular disease.



During this month, I encourage you to visit the EIM website (<http://www.ExerciselsMedicine.org>) and talk to your health care provider about starting an exercise program. Here you will find resources on exercising with certain health conditions, as well as designing an [Exercise Plan](#) for your needs and goals. Here at AMH, we have Health Coaches and Exercise Physiologists to help you define goals, set up an exercise program, learn how to eat more nutritious foods, and feel comfortable exercising. Contact AMH Health Education (376-3939) or AMH Industrial Rehabilitation (376-9040, 376-2109) to learn more about how we can help you learn to use EXERCISE as your medicine of choice!


**PRESENTATIONS ON TWO INFECTIOUS DISEASES
MRSA AND WNV---AVAILABLE!**

A number of workers have expressed concern about MRSA (methicillin-resistant *Staphylococcus aureus*) in the workplace. And the mosquito-borne West Nile Virus caused *known* illness in almost 40 people in Washington ---mostly in Yakima and Benton counties--- in 2009 (compared to 0 and 3 the two preceding years). If you would like AMH Risk Communicator, Dr. Sandy Rock, to meet with your group to discuss MRSA, West Nile Virus, or both, please contact him at 372-0407 or sandy_rock@rl.gov.

“Quit It” 10-week Tobacco Cessation Support Class
Begins the week of June 14, 2010

Classes will be held each Monday 4:00-5:00 pm at the AMH Clinic (1979 Snyder)

Please contact [Shannon Haselhuhn](#) for more information, or to register for the program. Program space is limited.
REGISTRATION IS REQUIRED.



Healthy Recipes

Fettuccine (with clams, basil, tomato, corn & garlic)

- Serves 6**
- Ingredients:**
- 10 ounces uncooked fettuccine
 - 2 tablespoons minced garlic
 - 2 large tomatoes, seeded and chopped
 - 2 cups corn kernels, fresh or frozen
 - 1/2 cup white wine
 - 1 tablespoon olive oil
 - 4 tablespoons chopped fresh basil
 - 2 cans (4 ounces each) clams, drained
 - 1/4 teaspoon salt
 - Ground black pepper, to taste

Preparation:
Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), about 8 minutes, or according to the package directions. Drain the pasta thoroughly. In a large saucepan, add the garlic, tomatoes, corn, wine, olive oil and basil. Cover and bring to a boil, stirring frequently. Reduce heat and add the clams and pasta. Toss gently to coat. Season with salt and pepper and serve immediately.



Dietitian's tip: Clams are an excellent source of vitamin B-12 and iron and a good source of selenium. To preserve their texture, don't overcook clams. Add them to the sauce just before serving.

For more: [Healthy Recipes](#)

PER SERVING:	
Calories	320
Total Fat	4
Saturated Fat	<1
Cholesterol	25
Sodium	150
Carbohydrate	50
Dietary fiber	2
Protein	18
Calcium	51
Potassium	418