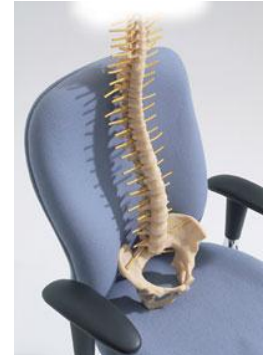


# Ergonomics and You!



## What is it?

It is a science concerned with the “fit” between people and their work. It looks to ensure that the equipment and environment suits each worker and their limitations and capabilities. It’s a very important aspect of health and safety in the workplace and it affects everyone.



## Examples of poor ergonomics

- Wrong height of a desk causing bending down and back strain
- Wrong height of a desk causing awkward posture by slouching or overreaching
- PC positioning on a desk causing overstretching



## How can it be assessed?

In terms of your office furniture and environment, ergonomic assessments should be carried out regularly to look at:

- Equipment’s size, shape and appropriateness
- Comfort and suitability for posture and body size and shape
- Avoids stress and strain on muscles, joints and nerves



## Why is it important?

Applying ergonomics into the workplace avoids potential for accidents, reduces risk of injury and ill health/RSI and it improves productivity and general morale and motivation.

Sygnus offers **FREE** ergonomic assessments and solutions to overcome any existing or potential office furniture problems for you, your employees and colleagues!

For more information, log onto <http://www.hse.gov.uk/pubns/indg90.pdf>  
Contact us TODAY to find out more information!

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