



## Ergonomic Technologies Corp.

Ergonomic Risk Assessment & Workplace Injury Prevention Solutions

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# Office Work

## Profiting Through Ergonomics

Office environments are among the most common sources of musculoskeletal injury and among the most preventable. ETC helps organizations design workstations, train staff, and build programs that protect office workers and improve productivity.

### OFFICE ERGONOMICS — THE SCALE OF THE PROBLEM

**8 in 10**

office workers experience musculoskeletal discomfort at work

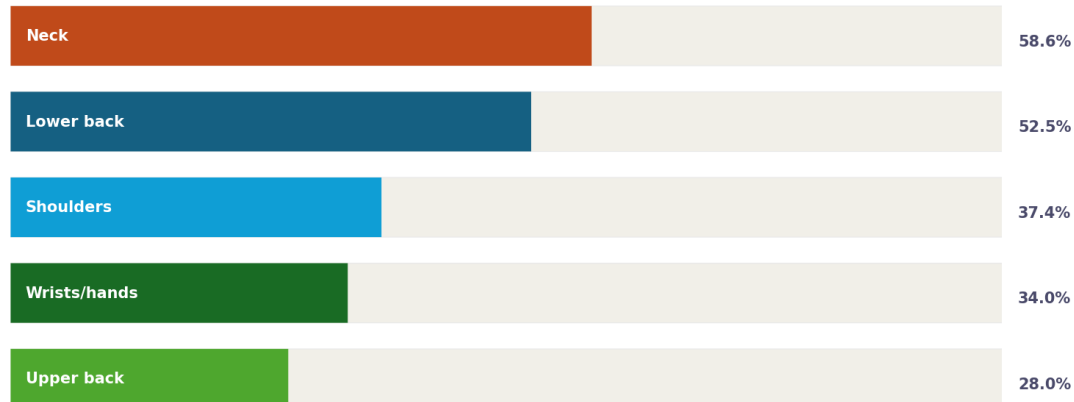
**#1 cause**

of work-related disability globally — MSDs

**3 regions**

most affected: neck, lower back & shoulders

### MOST COMMON PROBLEM AREAS AMONG OFFICE WORKERS



Most office workstations are ergonomically suboptimal — and the discomfort is preventable.

Source: Scientific Reports, 2024 | ergoworld.com

## SERVICES OFFERED

- Office Ergonomic Program Development
- Risk Assessment, Solutions & Program Management
- Education & Training
  - Office Ergonomics, Training, Train-the-Trainer
  - One-on-One Workstation Evaluations
  - Customized Training Programs
- Office Equipment Assessment
- Ergonomic Specifications for Office & Furniture Layout

## OVERVIEW

The modern office presents a distinct set of ergonomic challenges, prolonged static postures, repetitive keyboard and mouse use, poorly configured monitors, and workstations that are rarely optimized for the individual. Left unaddressed, these factors contribute to a wide range of musculoskeletal disorders affecting the neck, shoulders, wrists, and lower back.

ETC's office ergonomics practice takes a comprehensive approach, evaluating workstation design, employee work habits, equipment selection, and workspace layout to build tailored solutions that fit the people who use them. Programs are designed to deliver measurable reductions in discomfort, injury, and absenteeism, while improving focus, efficiency, and employee satisfaction.

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## COMMON OFFICE RISK FACTORS

### Workstation Setup

- Monitor height and distance, screens positioned too high, too low, or too close cause sustained neck and eye strain
- Keyboard and mouse placement, surfaces that are too high or too far away force awkward shoulder and wrist positions
- Chair configuration, improper seat height, back support, or armrest positioning leads to poor lumbar and upper extremity posture
- Desk surface height, such as fixed-height desks that don't accommodate varying body dimensions

### Work Habits & Task Design

- Prolonged static postures due to sustained sitting without postural variation or rest breaks
  - High-repetition using keyboard and mouse tasks with sustained fine motor activity without adequate recovery time
  - Document handling, reading from flat surfaces, frequent head rotation between monitor and paper
  - Phone use, cradling handsets between ear and shoulder during extended calls
  - Inadequate lighting, glare, contrast issues, and insufficient task lighting contributing to visual fatigue and compensatory postures
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## BENEFITS OF OFFICE ERGONOMICS

- Measurable reduction in musculoskeletal discomfort, injury claims, and lost workdays
- Improved employee productivity, focus, and quality of output
- Reduced absenteeism and turnover linked to work-related discomfort
- Workstations optimized for the specific tasks and body dimensions of each employee
- Regulatory compliance with applicable occupational health and safety standards
- A documented ergonomics program that demonstrates organizational commitment to worker well-being
- Clear return on investment through reduced workers' compensation and healthcare costs

## TRUSTED BY LEADING ORGANIZATIONS

*ETC has partnered with corporations, government agencies, and professional services firms to deliver office ergonomics programs that protect workers and improve performance:*

AAA	Accenture
Adecco	ADP
Allianz	American Express
Ameritech	Amersham Biosciences
AT&T	Atlantic Mutual Companies
Auerbach & Kirsch	Biogen
CAP Program	Care1st
Cargill	CBRE
Cigna	City of Richmond
Compaq Computers	Conifer Health
Consulate of Canada	Cytec
DHL	Disney
Donner, Hamilton & Berka, P.G.	Federal Deposit Insurance Corporation (FDIC)
Fireman Fund	Fiserv
Gallagher Bassett	Grant Thornton
HMHN	Intel
JCC	John Hancock
Key Bank	Los Alamitos
Los Angeles County	Matrix Absence Management
Mendocino County, California	Mizuho
New York Newsday	NIH
Orange County	Palm Beach County
Panasonic	Peach Tree
Providence	Ross Stores
Royal Bank of Canada	Samsung
Santa Cruz	Sedgwick
Sephora	SIAC
Social Security Administration	State of Louisiana
Tenet Health	The Doctors Company
TMG	Toshiba
Union Bank	Universal Music Group
University of Washington	US Attorneys Office
USAA	USP
USPS	Warner Music Group
WLRK	WQIS

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**Contact ETC to Discuss How Your Business Can Profit Through Ergonomics**

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