Ergonomics, also called human engineering, is the scientific discipline concerned with the understanding of interactions among humans and other elements of a system. Visual and musculoskeletal discomfort, fatigue, and stress can be the result a breakdown in one or more of these points of interaction. If appropriate corrective action is to be taken, it is essential to know where and how a breakdown is occurring.

2. Review Power Point presentation: http://ehsrms.uaa.alaska.edu/ergo_powerpoint.ppt
3. Verify the workstation is adjusted properly to work effectively for the employee

Note: If it is ultimately determined that a chair needs replacement, it is necessary to prescreen the purchase requisition through UAA Procurement. As always, Environmental Health and Safety staff is ready and willing to provide assistance and advice with the process.

AVAILABLE CHAIRS:

**Allsteel Acuity**

“In pursuit of a path of disciplined research and refined sensibilities, a chair was created that offers the most advanced, automatic ergonomics, intuitive controls, and elegant aesthetics. Using the latest anthropometric databases, high-tech modeling, and intense observation to understand just what a body needs. The chair adapts, automatically.”

http://www.allsteeloffice.com/acuity/

**Turnstone Springboard**

“Adjustable lumbar and generous back and seat provide comfortable support for task intensive work. Intuitive controls encourage users to get the full benefit of the chair. Meets ANSI/HFES ergonomic standards, providing support and comfort for the largest range of users.”

Steelcase Think

“It’s intelligent enough to understand how you sit and adjust itself intuitively. The chair senses what your body needs, then delivers it. It’s thoughtful enough to measure and minimize its lifelong impact on the environment. A truthful chair - the result of open dialogue between engineers, environmentalists, and the designer. It’s almost like the chair could Think.”


Haworth Zody

“A high performance task chair that blends science-based wellness and comfort with international design and sustainability. Light in scale and thin in silhouette. The controls are sleek and unobtrusive. Its passive pelvic support and patented, used-selected, asymmetrical lumbar support system is endorsed by the American Physical Therapy Association.”

http://sourcebook.haworth.com/productcatalog.html#/category=2742

Herman Miller Mirra

“More support and less material. High performance and attractive price. Fewer adjustments and better fit. A new reference point for performance, aesthetics, sustainable design, and value. The backrest is pliable and elastic, effortlessly accommodating individual sizes, postures, and micromovements. It keeps your lower back properly aligned, so that you stay relaxed and alert and don’t slouch when you’re leaning forward or working at a computer.”

http://www.hermanmiller.com/Products/Mirra-Chairs

Herman Miller Aeron

“Designers replaced foam and fabric with a breathable, form-fitting material that allows for aeration and customized support. The innovative adjustable sacral support option promotes optimal posture for people of all sizes doing all kinds of activities, all day long.”

http://www.hermanmiller.com/Products/Aeron-Chairs

For more information, contact UAA Environmental Health and Safety at 786-1351