7 quick ergonomic tips

Ergonomics is the science of matching the job to the worker and the product to the user. This can take a variety of shapes and forms depending on the type of job a person has. These 7 quick tips are aimed at the office worker and provide a basic good practice guideline to help prevent injuries sustained due to poor ergonomic design. Workers who spend the majority of their day on their feet or who do heavy lifting should have a more extensive workplace design in place to ensure there are no physical injuries sustained.

1. Invest in a comfortable office chair: If you spend the majority of your day sitting you should ensure your back and legs are properly positioned.
2. Get up and move: Regular movement improves blood flow and often a simple shift in position can be enough to make a difference.
3. Position your keyboard correctly: Carpal tunnel is one of the leading consequences of poor ergonomic set up so ensure your wrists and forearms are in a neutral position.
4. Your mouse allows your hands and elbows to move naturally and remain within a short distance of your torso.
5. Position your monitor so that your neck is in a neutral position, your eyes are level with the top third of your screen, and your back is slightly reclined.
6. Have an organized workspace to ensure the items you regularly use are within easy reach.
7. Proper lighting in and around your workspace: Ensure your monitor does not have a glare and that your workspace is not too bright. Light sensitivity varies with age and the task.
Let’s talk mental health
Round table conversations at the University of Victoria

When: Wed., Feb. 26, 2014 | 12:00 - 1:30 pm
Where: Engineering Graduate Lounge ECS 660
Topic: Substance use
For more information and future events, visit: http://web.uvic.ca/eqhr/mhtf.htm

Assess Your Heart Disease Risk
If you’re ready to commit to a heart-healthier you, the Heart & Stroke Foundation is ready to help. At www.makehealthlast.ca, you can take the Make Health Last assessment, which will help you understand your risks. Then, you can set personal goals for improving your heart health.

Got 30 seconds?
It takes just seconds for a life to be in jeopardy with cardiac arrest. Every second counts if someone is to be brought back to life. There’s simply no time to wonder what to do.

It also takes just 30 seconds to watch our video (below) explaining Hands-only™ CPR, which everyone should watch. In an emergency, it could mean the difference between wondering what to do, or being able to act immediately.

Have you got time to learn how to potentially save a life?
Everyone can learn Hands-only™ CPR. Share this video with friends, family and colleagues.

Don’t worry, CPR can only help
It’s important to remember that the person in cardiac arrest is already clinically dead, as CPR is intended for someone whose heart and breathing has stopped. That means CPR can only help.

It’s true that ribs can be broken with the pressure CPR places on the sternum, especially with older patients because the cartilage is less compliant and the bones more easily cracked. But remember, it’s better to make it alive with a cracked rib than not to survive.

How many people do you know that would be able to carry out CPR? Could you? What’s holding you back?

Medical Services Rates effective
January 1, 2014:
Single $69.50 per month
Couple $125.50 per month
Family $138.50 per month

Are you providing care to someone who is gravely ill?
You may be eligible for Compassionate Care Benefits
You may qualify for up to 6 weeks of paid leave to care for your loved one.
Go to www.servicecanada.gc.ca or call: 1-800-206-7218

Do you have questions about your benefits?
We have benefits handbooks/guides/FAQ’s to assist you. For more information contact the Benefits Office.