

Ergonomic Guidelines for Hybrid and Remote Work

Pre-conference Workshop

September 21, 2023

Faculty:

Kermit G Davis

The workshop aims to provide participants with a comprehensive understanding of ergonomic assessments and adjustments necessary to ensure the safety and well-being of office workers, both in traditional office settings and remote work environments. Attendees will gain practical skills in conducting virtual office ergonomic evaluations and will be equipped with up-to-date knowledge from current literature. The workshop will actively engage participants in conducting actual workstation evaluations to reinforce their learning.

The learning objectives of the workshop are threefold: Firstly, participants will develop the ability to conduct virtual office ergonomic evaluations, considering the unique challenges posed by remote work arrangements. Secondly, they will gain a deep understanding of the complex factors that put office workers at risk, whether they are working in a traditional office or from home. This knowledge will help in identifying potential hazards and implementing appropriate adjustments. Lastly, attendees will learn how to effectively balance hybrid working schedules, ensuring that workers have a conducive and ergonomic environment regardless of their work location.

The workshop will cover various topics including the basics of office ergonomics, workstation setup, considerations for monitors and input devices such as keyboards and mice, ergonomic chair selection, the benefits of sit-stand tables, the importance of taking breaks, lighting and glare management, common pitfalls associated with virtual offices, and special considerations for hybrid work models. Additionally, the workshop will address important factors beyond physical ergonomics, such as preventing burnout, achieving a healthy work-life balance, enhancing productivity, and fostering social engagement among workers.

The basics of conducting a thorough office ergonomic assessment will be taught, enabling participants to effectively evaluate workstations and make appropriate adjustments based on individual needs. The workshop will provide ample opportunities for attendees to apply their newly acquired knowledge and skills through practical exercises and hands-on workstation evaluations. By the end of the workshop, participants will be well-equipped to support office workers in creating ergonomically sound work environments, whether in the office or at home.

About Our Speaker:

Kermit G Davis

Dr Kermit Davis is a Professor at the University of Cincinnati, where he is the graduate programme director of the Environmental and Occupational Hygiene and Occupational Safety and Ergonomics programmes at the University of Cincinnati. Dr Davis is a past-President of the Human Factors and Ergonomics Society (HFES) and a Fellow of HFES (2013) and the American Industrial Hygiene Association (2019). His research has concentrated on reducing the ergonomic stressors of healthcare workers and patients in healthcare settings (e.g., hospitals, long-term care facilities, and home healthcare). In the last 3 years, his research has focused on virtual offices in the United States and the United Kingdom.