



Whitepaper:

Set up an ergonomic (home) workplace for every employee



Reading time: 10 minutes

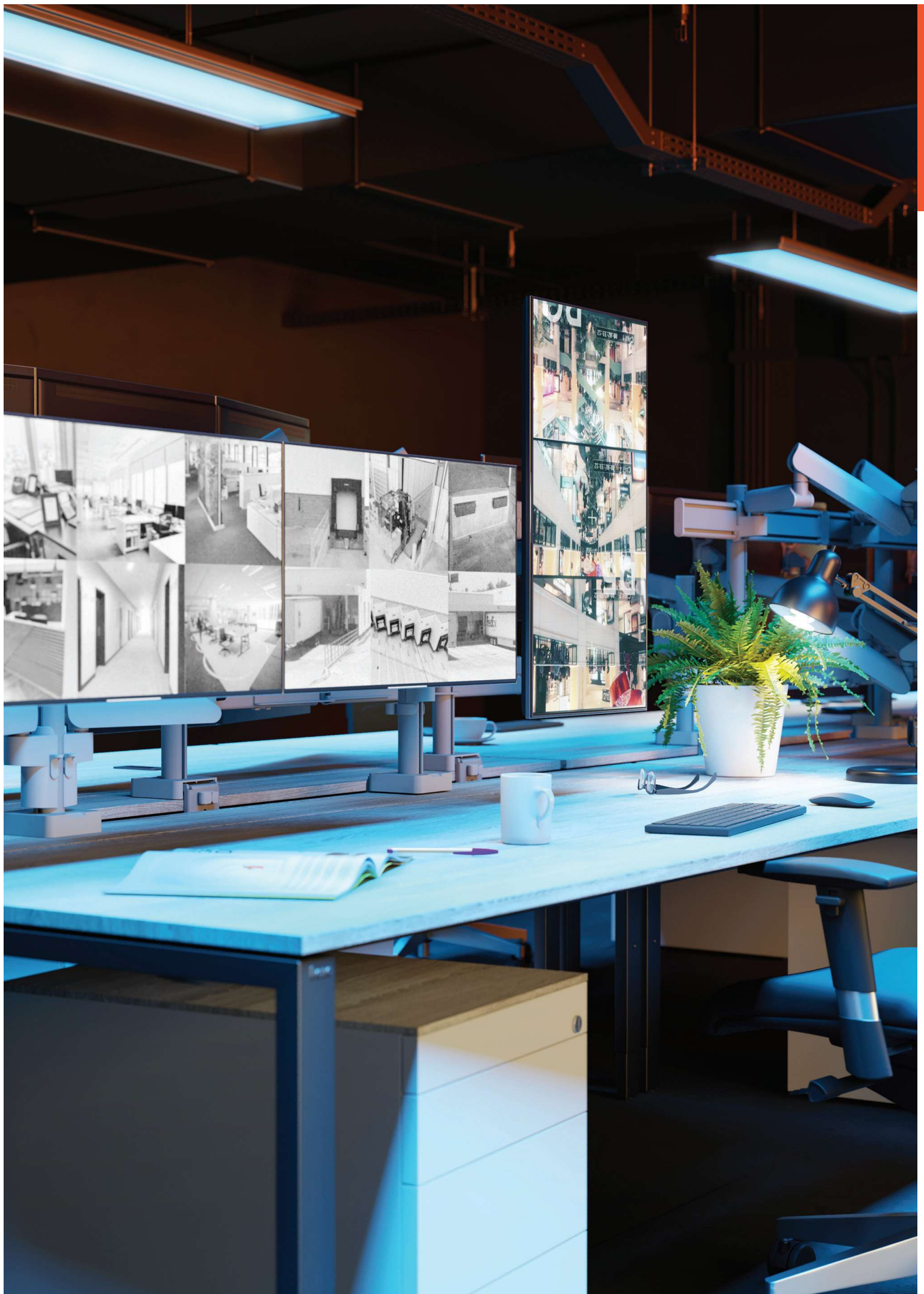


Table of contents



Page

5
Introduction
The importance of an ergonomic workplace



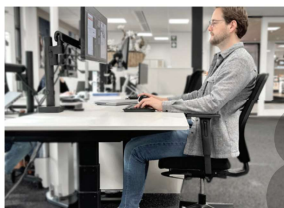
Page

6
The basis for a good ergonomic workplace
Ergonomic workplace benefits



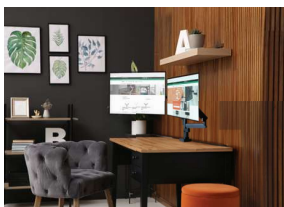
Page

7
What does ergonomic working mean
Tips for keeping the workplace ergonomic and flexible



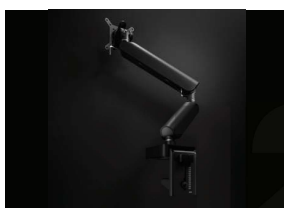
Page

8
The best way to sit at a computer
Screen height, Viewing distance, The right viewing angle



Page

9
Working ergonomically with two or more monitors



Page

10
Designing the home office ergonomically

Introduction

As an employer, you want to make sure your employees are healthy. This not only shows good employment practice, but can also help reduce absenteeism. It also promotes productivity in the workplace. Are your employees (or some of them) sitting at a computer? Then make sure you have an ergonomic workplace.





The importance of an ergonomic workplace

An ergonomic workplace means enabling employees to perform their work in the correct working posture. This is very important in every workplace. In this white paper, we focus on workplaces where

people sit at a desk and perform much of their work through a computer monitor.

The basis of a good ergonomic workplace

Setting up the ideal workplace depends on a number of factors. Consider the viewing distance of your monitor, the correct position of your keyboard and the equipment you work with, such as your monitor and mouse. So how do you design the workplace for each employee to be as ergonomic as possible?

With home working and hybrid working increasing in popularity, the use of an office space has changed. One day, the office garden is a quarter full of employees. And the other day you have to search for a workspace. This requires a lot of flexibility for employees and employers.

So-called permanent workplaces are less fixed than before. Workplaces are seen as meeting places. After all, tomorrow a colleague could be sitting where the intern was sitting today. Therefore, a desk cannot have one fixed height and should actually be as easy to adjust lower or higher as an office chair. Moreover, the right height for the monitor is also different for everyone. What exactly constitutes good ergonomic working posture is something we will discuss in a subsequent chapter.

Ergonomic workplace benefits

- Employees feel better;
- Increased productivity;
- Ensures healthy employees;
- As a result, absenteeism falls.



What does ergonomic working mean?

“Ergonomics is the science that focuses on matching tools and conditions to human characteristics that enable people to function optimally. This covers the whole area from, for example, a good office chair to an efficient work process in a restaurant kitchen. Ergonomics thus makes an important contribution to being able to design a safe and healthy workplace.” According to the Occupational Health and Safety Portal.

A big advantage of a well-appointed ergonomic workstation is that it can prevent a lot of physical complaints. Trouble with your back, neck or shoulders is mostly due to incorrect sitting posture, after all. By ensuring that your employees can physically sit in an ergonomic working position, you prevent complaints and sick employees. Additional benefit? Absenteeism can drop if physical complaints are not an issue.

Moreover, productivity behind the monitor is increased if one sits properly. Work is done more actively and productively. Employees who feel well will often feel more mentally comfortable in the process. This, in turn, makes for a more pleasant working atmosphere for everyone in the workplace.



Tips for keeping the workplace flexible and ergonomic:

- Make sure you have an adjustable desk;
- Make the monitor adjustable in height;
- Make sure the monitor can be pulled forward;
- Facilitate ergonomic accessories, such as a mouse and laptop stand.

The best way to sit at a computer

To ensure that employees can sit comfortably behind a computer screen without physical complaints, you'll want to take care of a number of factors.



Screen height

When it comes to an acceptable screen position, exactly what that looks like varies from person to person. Among other things, it depends on a person's height. As a rule, any position that requires someone to lift their chin or head to work properly is not the right one. Such positions not only create an uncomfortable working posture, but also affect productivity.

You want every employee to be able to shift the monitor to the right height in a way that they can sit straight. In it, arms and back form a 90-degree angle. Looking straight ahead with the head.



Viewing distance

Viewing distance has to do with how far a person sits from their monitor. Ideally, you should also have a computer screen here that can not only change height, but can also be positioned closer or further away more easily. If the monitor is too close, one gets eye strain. If it is too far away, the chances are everything will be hard to read.

In addition, the wrong viewing distance can cause someone to lean just too far forward or backward. All the efforts for the right monitor height from before will then be wasted. The viewing distance also contributes to the most ergonomic position.

How do you find that perfect distance? Pretty simple. Make sure there is about an arm's length between the monitor and the sitting position. A useful check is whether a person can see the entire screen without having to lean forward or backward. Then you know you're in the right place.

The right viewing angle

The two aforementioned points, also ultimately result in the right viewing angle. Someone of 1m80 has a different viewing angle than someone of 1m60. You want to achieve a situation where the monitor is positioned between eye level and about 30 degrees below eye level. What they have in common in both cases? The screen is right in front of the user.

Working ergonomically with 2 or more monitors

For some workstations, desks are set up with two or more monitors. To set it up ergonomically, it is recommended to follow the same steps as for a single monitor. A monitor arm that can facilitate monitor height adjustment, distance change and correct angle adjustment is the solution for ergonomic workplace design. Vogel's is therefore launching MOMO. MOMO can be attached to or through a desk or on the wall. Ideal for different workplaces.

Other factors for ergonomic workplace

- Avoid reflection in the screen;
- Choose the best font size, ideally 3 times larger than the minimum someone can read;
- set a pleasant screen brightness;
- Position your keyboard at a good distance where your arms maintain a 90-degree angle.

Read more
about
MOMO



Setting up workstations with adjustable monitor arms

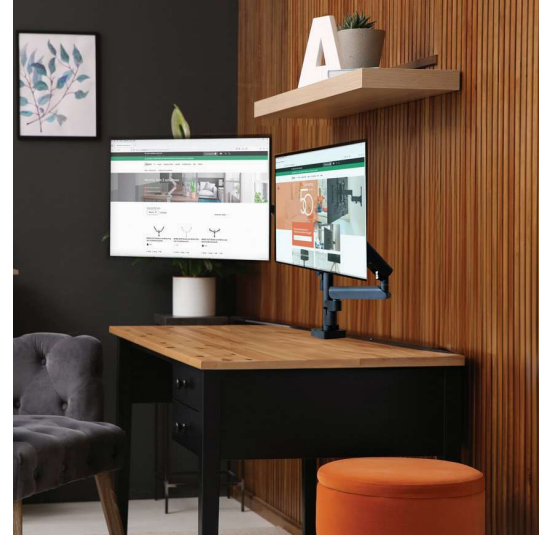
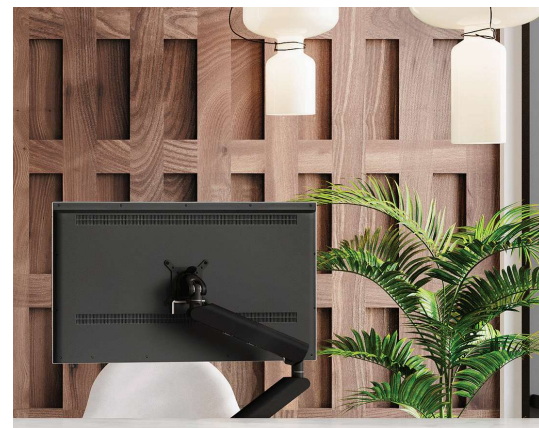
At Vogel's, we recommend setting up (home) workstations with adjustable monitor arms, among other things. With an eye on healthy employees, flexible workplaces, timeless design and sustainability, we therefore developed MOMO.

The flexible system offers endless possibilities. Are there employees who need one monitor? Then the MOMO Motion is ideal. The monitor arm ensures that screens are sometimes height-adjustable so that every colleague can set the right monitor height. In addition, the monitor is also easy to pull forward or backward.

Are certain workstations needed with even more flexibility? Then we recommend the MOMO Motion+. The monitor arms move easily in the right direction. And even turn it into portrait mode.

In contrast to a gas spring, which can leak gas and therefore lose spring force, MOMO has a mechanical spring system with a fixed spring. So the monitor arm does not lose force and the monitor stays firmly in place.

Moreover, MOMO is easy to expand. Do some of the workstations need two or more monitors? No problem. You don't need to replace the current arm, and can easily add one. This is sustainable too.



Design the home office ergonomically

Besides setting up workstations ergonomically in the office, you also want employees to be able to sit ergonomically at their desks at home. After all, that gives the same benefits.

Investing in the right home office equipment, such as adjustable monitor arms, has a good impact on home workers. By putting employee wellbeing first, you show as a company that you value healthy employees. This ultimately benefits the entire organisation.

More information about MOMO?

If you would like more information about MOMO, please contact one of our sales representatives. Or check out our website.

