

# TOOLBOX ERGONOMICS

## "SCREEN WORK BUYERS GUIDE"



01



### The Office Chair: EN 1335

(NPR 1813) These are the European norms and guidelines preferably to follow. Adjustable seat height, depth, low back support, armrests and a movement mechanism is preferred.

02



### Office Table: EN 527

The table height is best adjustable between 65 and 85 cm. To avoid too much contrast and reflection the table should have a light and matte color, but not white. The surface of the table is always at least 80 cm deep and 120 cm wide.

03



### Screen

Preferrably minimum a 19 inch wide screen (or higher). Adjustable screen height is a must! (more than 16 cm adjustable in height). And the placement of the screen is at arm's length.

04



### Keyboard & Mouse

Most of the standard (flat) keyboards and standard mice will suffice. It is very important, on the other hand, to provide specific ergonomic keyboards and/or mice depending on individual situations.

05



### Laptop workers !

A laptop riser and/or an external (larger) screen plus an external keyboard and mouse is highly recommended for laptop workers. Please pay attention to bad body posture (f.i. neck) and vision!

06



### Extra Tools ?

Document holder, palm rest, footrest (DIN 4556) etc...

Are not always necessary and may vary individually but it's preferred to have some in stock for employees to test.

07



### Everyone is unique

Preventing MSD (pain, strain,...) also needs one-to-one attention. Please consider consulting an ergonomics expert. We're here to help!

