

PREVENTION

In terms of using ergonomic chairs and other furniture in the office space, nothing can completely guarantee risk prevention, as other factors may also play a significant role, as most people use buses and rickshaws.

According to Dr Araf, "All it takes is one good jolt while in a rickshaw to develop back pain."

Prevention is thus integral in reducing the office injuries. Proper regulation of weight is extremely important to eliminate the chances of such injuries. Although the term weight is relative, based on an individual's Body Mass Index (BMI), an ideal range can be determined. The focus should be on maintaining fitness which can be

done by exercising 3 to 5 days a week.

Granted most people work full time, it is important to take time out in the day to do so, in addition to maintaining a healthy diet by reducing the intake of carbohydrates and refined sugar.

Swimming is probably the best form of exercise as it involves all the muscles of the body resulting in overall fitness.

An alternative to swimming is walking. Considering time is a factor, a good tip is to drop off a kilometre, or more, away from home and then walk the rest of the way. Best is to time your walks to make sure you get in at least 30 minutes of walking five times in a week.

By Supriti Sarkar



PHOTO COURTESY: CENTRE FOR THE RAHABILITATION OF THE PARALYSED (CRP)

A SHOPPER'S GUIDE FOR GETTING ERGONOMIC FURNITURE

Although most furniture shops around Dhaka claim to sell ergonomic chairs, the Centre for the Rehabilitation of the Paralysed (CRP) is your best bet. They primarily advocate for equal access of health, rehabilitation, employment and the physical environment and information of men, women and children, and also provide services for those suffering from professional and office injuries.

On top of that they have shops that sell ergonomic furniture that can be custom-made depending on the needs of the patient; the closest shop in Dhaka is at their centre in Mirpur.

Their 'Balans Stool' is specifically made for people who work long hours in a sitting position. These chairs are made to provide lumbar support and have mechanisms that allow for the shift in weight between the knees and back.

In addition, they also have other ergonomic furniture tailored to the kind of work related to office injuries such as keyboards, desk and more.

ESSENTIAL FEATURES OF ERGONOMIC FURNITURE

FOR CHAIRS

Adjustable height mechanisms, arm rests and tilt options.
Swivel mechanisms.
Lumbar support, cushions, neck pillow or gel seat cushions.

FOR OFFICE DESKS

Adjustable height (to stretch legs out) and monitor shelf.
Sufficient desktop space.
Allowance for the wrist to work without undue pressure.

FOR MONITORS

Adjustable height or an ergonomic computer monitor stand.
Distance between user and monitor should be an arm's length.

GLARE FILTER

Default font size stops users from squinting.

FOR KEYBOARDS

Must have a split keyboard design so that the keys look like their designed in a "V" shape or maybe one with an adjustable angle.

FOR MOUSE

Shape and size of the mouse should comfortably fit the shape of the hand in a neutral position.

Position of the mouse is as close as possible to the body and only the upper arm is used to operate it.