

Sit to Stand Job Rotation for Wellness and MSD Prevention

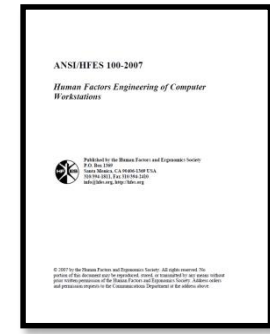
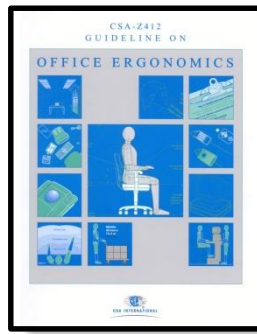
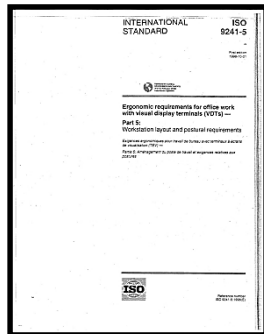
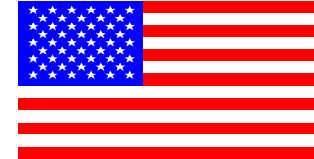
INDUSTRY PANEL

Standards & Guidelines

- Educational
 - Fundamental principles, processes, practices
- Design Guidance
 - Products, workplaces
- Procurement
 - Minimum requirements
- Evaluation
 - Suitability and/or safety of existing furniture, equipment, environment, practices



Relevant Standards & Guidelines



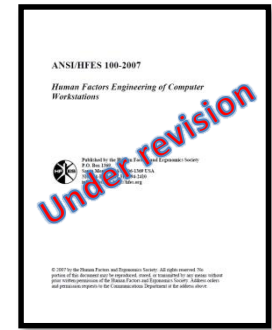
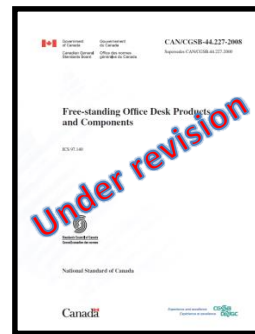
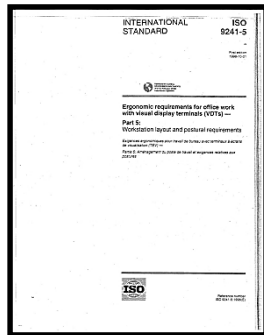
Relevant Standards & Guidelines

Similarities

- Computer workstation
- Premise & guiding principles
- Furniture parameters aim to address 5th to 95th percentile body dimensions

Differences

- Scope
- Intended Users
- Anthropometric database



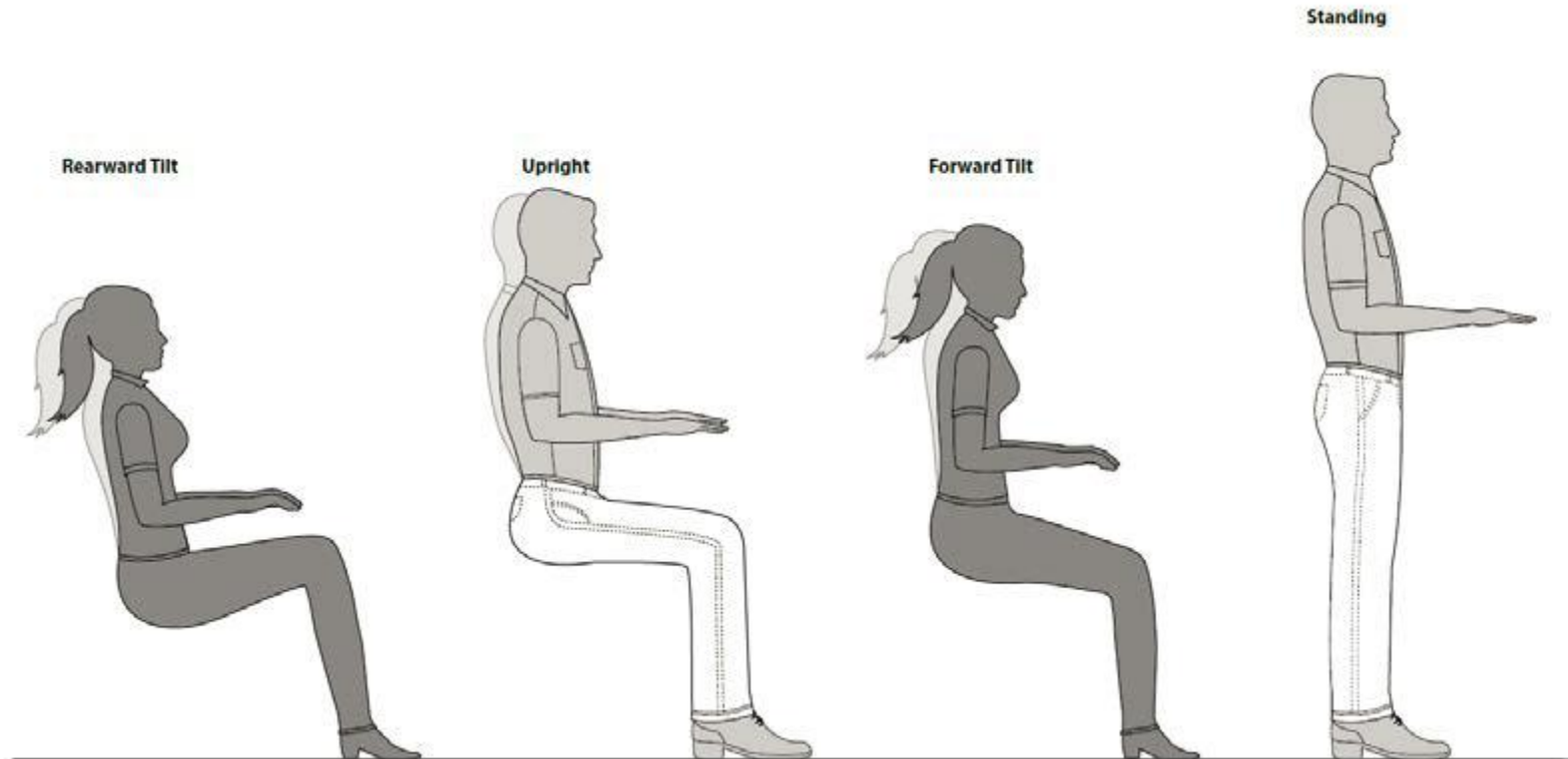
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Scope:

- Provide guidance in developing, designing and specifying furniture for computer work spaces
- Measurable principles in ISO 9241-5
- CAESAR 2002 anthropometric data
- Dimension & adjustment ranges for furniture where computer is used based on upright sitting & standing postures



Working Postures



Move within and among these and other postures

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Sit to Stand

- Input device surface
 - 22.6” – 48.7”
- Monitor Height Sitting
 - 43” – 54”
- Monitor Height Standing
 - 56.8” – 71.4”



Product Evaluation Statements

- Attempt to accommodate 5th percentile female body dimensions to 95th percentile male body dimensions for most of the recommendations
- Realize designing/purchasing furniture for this range will not accommodate everyone
 - May be necessary to purchase components outside of 5th to 95th range
 - Appendix B – Percentile Tables



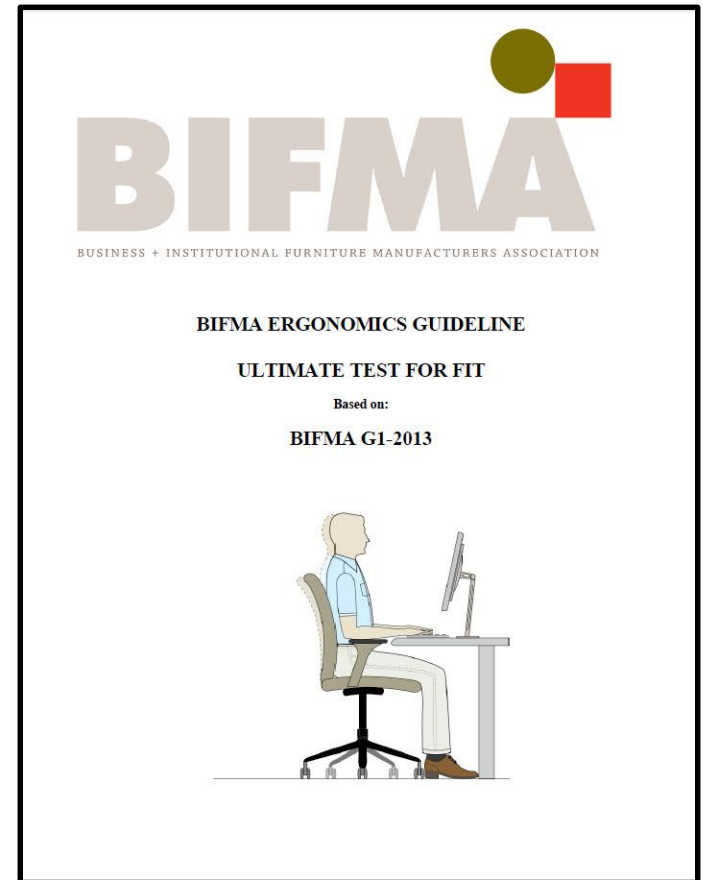
Limitations

- Recommendations are based on body dimensions taken in seated upright and standing postures
- Application of ergonomics principles is broader than anthropometry and furniture



Ultimate Method to Determine Fit

- Ultimate Test for Fit (UTFF)
 - End User Tool
 - User participates in determining Fit based on criteria
 - No measuring required
 - If meet UTFF, meet ISO principles & recommendations in G1
- Free download www.bifma.org



Summary

- Standards and guidelines can be useful tools on the road to wellness & MSD prevention

