



Interested in learning more about ergonomics? Read on to get answers to the most popular ergonomics questions.

What is ergonomics?

Office ergonomics is a science that designs workspaces to suit the needs, capabilities, and the limitations of the people who use them.

Why is office ergonomics important?

Several adverse events can occur as a result of a mismatch between the needs of a worker and the work tools they are provided. Ergonomics aims to prevent these adverse events, thus increasing employee wellbeing and productivity.

This is why ergonomics is said to be 'good for organizations, and great for people!'

What are some examples of health conditions that may arise from using a poorly designed workspace?

Some health-related complications of poor ergonomic practices include:

- Low back pain
- Sciatica
- Carpal tunnel syndrome

How do I know if my workspace is set up properly?

Does your workspace tick all the boxes on the Self-Assessment Checklist? If "Yes", congratulations, you have a proper setup.

Can I effectively set up my workstation by myself?

Yes. We have some useful resources to help you do this. Discover how to set-up your workspace and how to adjust your office chair on our "Set-up" webpage.

Is there any form of training available for office ergonomics?

Yes. Please contact us for more details.

How do I apply for office ergonomic equipment?

For information relating to office space and furniture please contact:

- Ext 21165 Mr Mehar, Arvinder (IAEA)
- Ext 3082 Mr Fischer Thomas (UNIDO)
- Ext 4572 Mr Nadlinger, Walter (UN)
- Ext 6491 Mr Shariati, Mohamed(CTBTO)

Is it better to sit or stand at my workstation?

Prolonged sitting and standing are risk factors for musculoskeletal disorders. It is recommended to alternate between the 2 postures all through the day. You do not have to have a sit/stand desk to do this. Take short standing and/or walking breaks throughout the day to break the sitting monotony.

Does the VMS ergonomics team diagnose or treat conditions or diseases?

No. The VMS ergonomics team provides office ergonomics trainings, advice, and guidance only. Please schedule an appointment with your healthcare provider if you feel unwell.