Ergonomics

In this unit I have to design and implement a new system for my client that needs the needs of software and hardware requirements of the client. When I do this I must consider the ergonomics of the system. Ergonomics is the design of the equipment comfortable and safe for users, this important in a working environment like Ace Graphics.

Below is a diagram that shows the guidance of working safely, if you don’t you could injure your self.

The follow factors must be addressed when working with computers. All staff at Ace Graphics must compile with these:
**Keyboard and mouse:**

Ergonomic positioning is important to make that the mouse and keyboard are accessible and does not cause repetitive strain injury when you work. Therefore the positioning of the keyboard is very important.

Positioning the keyboard should be places in a comfortable position where there is no excessive reaching involved to use the keyboard. The mouse has to be next to keyboard and the right side for left and right handed people.

I recommend some wrist support for the keyboard to make the user fell for comfortable

![Keyboard and Mouse Setup](image)

**Furniture placement:**

All working environments have to be tidy, electrical cables should block walkways. Drinks and liquid should not be near computers. Computers should not too close to each together.

Adjustable chairs that give maximum support for the back are best and reduce the pressure on the spine.

Sitting upright with the feet flat on the floor is the best position.
**Computer Workstation**

Each work station is designed to have enough space for users to have books and items on their desks which they might be using for their work.

This desk is best because there additional space for the computer to sit on the floor away from the user. This also reduces noise from the computer.

**Screen Filter**

The close proximity of your monitor to a window can also cause eyestrain as your eyes try to focus on two kinds of light.

- I have chosen Ace Graphics a screen filter that will:
  - Privacy Monitor Filter
  - Meets the American Optometric Association (AOA) specifications for VDT glare reduction
  - Makes screen visible to operator only
  - Will not blur or distort images on screen
  - Reduces glare up to 95%

This screen filter will cost £24.00 each and 5 will be ordered from amazon.com.

**Large Fabric Manager’s Chair - Black**

This office chair is designed for users who will use that chair everyday.

- Size (H) from 105 to 114, (W)62, (D)71cm.
- Seat size 52 x 52cm.
- Gas lift seat adjustable from 43cm to 52cm.
- Breathable fabric with heavy padding.
- Fire retardent foam.
- Mounted on castors.
- Total weight 16.8kg.
- Self-assembly: 1 person recommended

This chair cost £69 fro argos.com 5 will be ordered.