Ergonomics

Ergonomics is about designing for people.

Defined as the science of fitting a workplace to the user’s needs, ergonomics aims to increase efficiency and productivity and reduce discomfort.

Think about the angle of your computer monitor, or the height of your desk. Think about whether your eyes are strained by the end of the day or if your wrists hurt from typing. A sound understanding of ergonomics can prevent most workplace injuries by adjusting tools to the user, putting an emphasis on proper posture to reduce the impact of repetitive movements.

The use of computers and rapidly changing technology in the modern workplace has greatly increased the need for ergonomics. Desks, chairs, monitors, keyboards and lighting all need to be assessed when creating a workspace, whether it is at the office or at home.

Ergonomics also takes into account the need for movement throughout the day. Office furniture has traditionally encouraged stiff, fixed postures and little movement. However, a balance between sitting and standing, which can be aided with a [**height-adjustable desk**](https://www.humanscale.com/products/standing-desks/float-table), is a proven way to combat the effects of sedentary workplace behavior.

All of Humanscale’s work tools are inherently ergonomic. They are created to be intuitive and adjust effortlessly to the user. Our [**products**](https://www.humanscale.com/products) are created to promote daily movement and physical activity, while supporting the user’s posture.