

# Global Ergonomics Challenge Promotion

APJCI EHS  
20220914

**DELL**Technologies

# September: Improve Your Ergonomics

*Did you use healthy postures while sitting, lifting, or standing today?*

Registration opens: **September 12, 2022**

Challenge: **September 19-25, 2022**

**5 of 7 days of “Yes” to win the challenge.**

## Message:

Good ergonomics can improve your comfort and productivity. This challenge will help make healthy postures and practices part of your daily life.

## Why It Matters:

Ergonomics is the study of how people interact with their environment, particularly related to work and physical activities. Over time, every movement we make has an impact on our body and wellbeing. Take time to analyze tasks for risks, set up your work area ergonomically, and add movement and stretching to your day to improve long-term health.

In this challenge, learn about ergonomics, body postures, and resources available to you. Whether you work in an office, on the manufacturing floor, or you shovel snow at home, understanding ergonomics can help you live healthier and injury-free.



# September: Improve Your Ergonomics

Did you use healthy postures while sitting, lifting, or standing today?

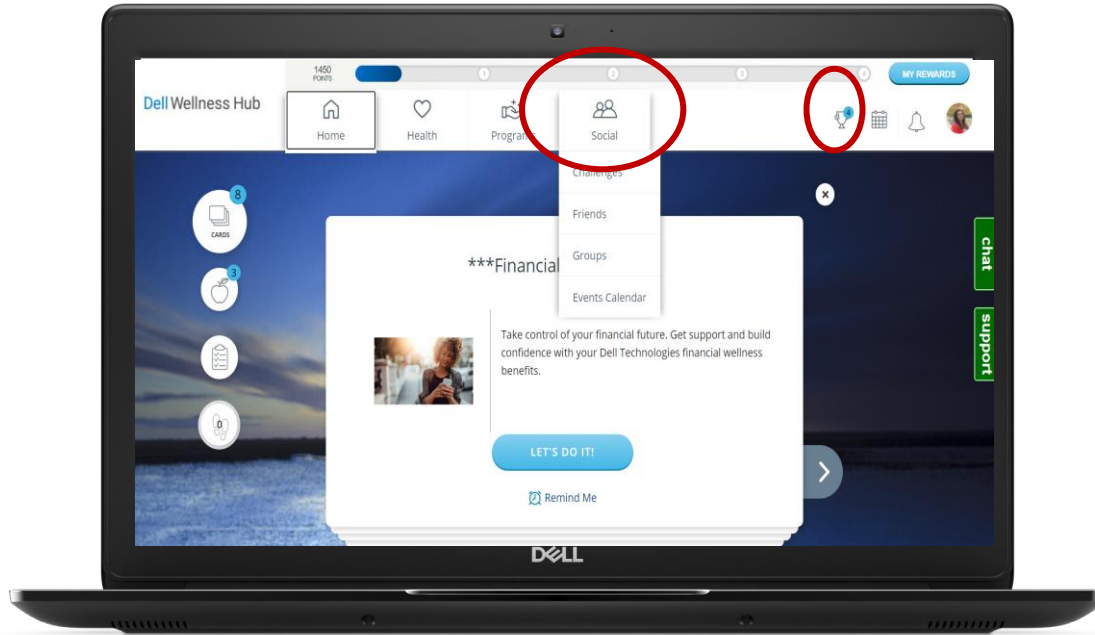
Learn about ergonomics with these daily tips:

- **Ergonomics basics**
  - Dell Technologies offers [ergonomics training](#) for team members. Take a course and review the resources. Or try this [Self-Care Challenge](#).
- **Customize your work area**
  - Your work area should reflect your unique needs. Use Dell's "[Office Ergonomics Self-Assessment Guide](#)" to customize your workspace. Contact the [EHS team](#) if you an [Ergonomic Evaluation](#). Or try [Yoga Basics](#).
- **Movement and stretching**
  - Movement during your workday improves blood flow and prevents overuse injury and discomfort. Try walking or pacing during meetings. Stretching can alleviate fatigue and tension. Try [Work Breaks](#) classes from Wellbeats on Dell Wellness Hub for a quick break at your desk!
- **Set up reminders**
  - Set up reminders to move and stretch during the day for a break from repetitive tasks. Try the "Move on the Hour" [Healthy Habit](#) on Dell Wellness Hub to make moving a habit.
- **Work anywhere**
  - The Dell [Connected Workplace](#) program offers the choice to work anywhere. Or try [Move to Improve](#).
- **Assistive technology tools**
  - Dell team members may confidentially request Assistive Technology tools via [MyIT](#) without the need for manager or supervisor approval. To learn more, visit the [Assistive Technology Inside Dell home page](#).
- **Join [True Ability ERG](#)**, an employee resource group to empower team members and allies impacted by disabilities. Or try [Daily Mobility](#).
- **Wrap up**
  - Apply what you learned to all areas of life, such as yardwork, hobbies or sports. Taking good care of yourself can yield long-term health benefits.

# Challenge Timeline

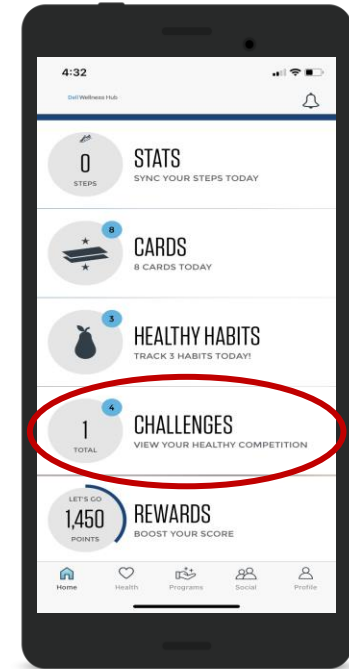
DATE	Dell Wellness Hub Action
September 12	Registration Opens: The first day the challenge appears on the site/ app and TMs can join
September 19	Challenge Starts: Players can start tracking and posting chats
September 25	Challenge Ends: Final day of the challenge
September 27	Tracking Deadline: Final day players can track the habit for the 7 days of the Challenge.
September 29	Challenge is Archived and will no longer appear on DWH

# Challenge Images



On the desktop, the challenge invite appears on the DWH dashboard:  
Social >> Challenge

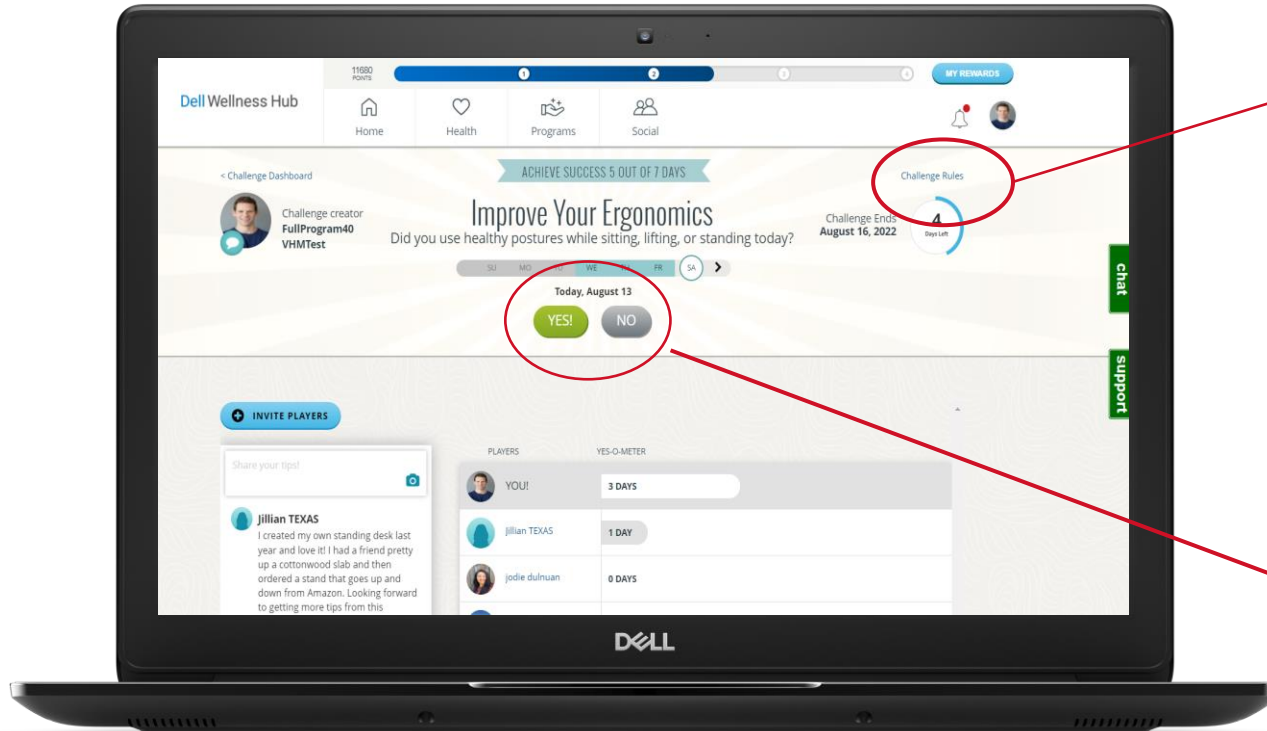
The invite will also appear as a notification on the Trophy icon



On the app, the challenge invitation  
appears in the Challenges tab

# Challenges Images

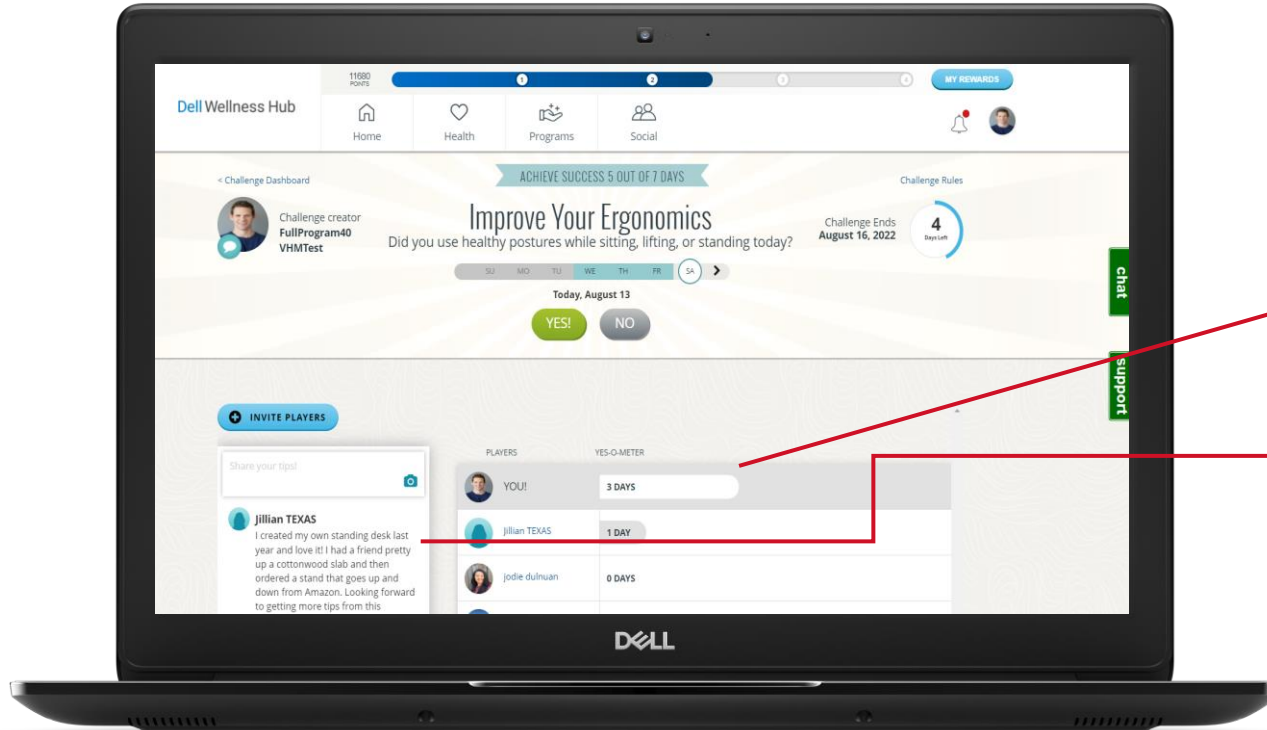
## Desktop



- **Challenge Details** – read about the challenge and access the rules.
- **Leaderboard** – see who has been tracking and help keep each other motivated!
- **Chat** – share comments and photos with everyone in the challenge.
- **Tracking** – click “Yes” or “No” if you used healthy postures today.

# Challenges Images

## Desktop

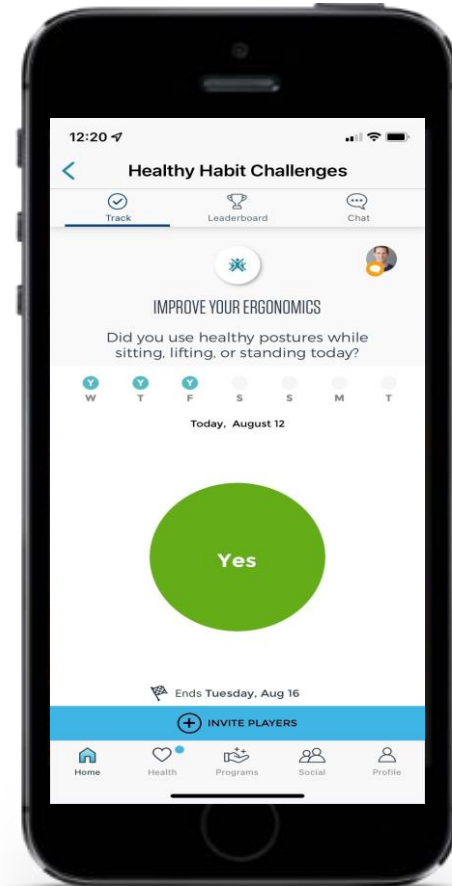


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# Challenge Images

## App

- **Track** – did you use healthy postures while sitting, lifting, or standing today?
- **Leaderboard** – see who and how many of your colleagues are tracking
- **Chat** – share comments and photos with everyone in the challenge





# EHS Ergonomics Training

Speaker :  
Advance Practitioner Occupational Therapist, Lee Kang Sing



## PROFILE

LEE KANG SHING  
Assistant Manager  
Advance Practitioner  
Occupational therapist

# **ERGONOMICS AT WORKPLACE**

## **SIMPLIFIED WAYS & SOLUTIONS**

**LEE KANG SHING**

Advance Practitioner Occupational Therapist  
Pantai Integrated Rehab  
Gleneagles Penang





Public Health  
England

# Health and Work

## Spotlight on musculoskeletal conditions (MSK)

**WORK**   
FOUNDATION

### 1 in 8

of the working age population  
reported having an MSK



The **prevalence of MSK**  
in the workforce is **likely to increase**

**6.5m**  
in 2008

**7m**  
in 2030

**Employment rate**  
for people who report MSK as  
their main health condition is  
**59.7%**

In 2013, **more days** of sickness absence were attributed to  
back, neck and muscle pain than any other cause.

In 2013,

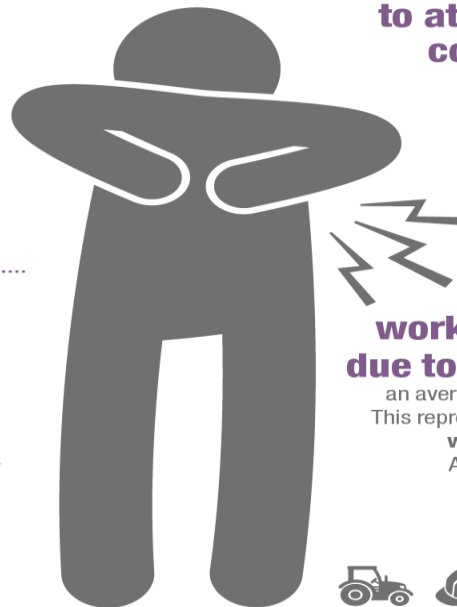
**30.6m**  
**days of sickness absence**  
could be attributed to **MSK**

**23%**  
**of all working days lost**

**33%**  
**of English long-term**  
**sickness absence**  
is attributed to **MSK**

In 2015,

**13%**  
**of Employment and Support Allowance (ESA)**  
**recipients reported MSK as their main condition**



In 2010, **ESA claimants** with MSK were  
**more likely than those**  
**with other conditions,**  
**to attribute their health**  
**conditions to work –**

**36%**  
related it to work

An estimated

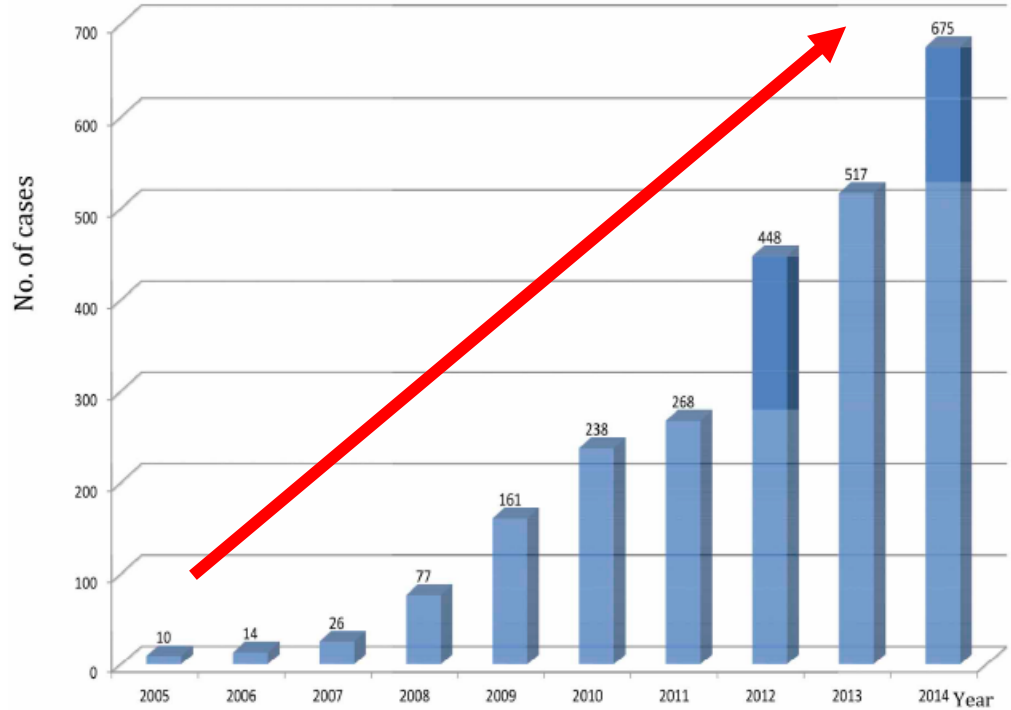
**9.5m**  
**working days were lost**  
**due to work related MSK,**

an average of **17 days lost for each case.**  
This represents **40% of all days lost due to**  
**work related ill-health in 2014/15.**

Agriculture; construction; health and  
social care; and transportation  
and storage industries all show  
elevated rates of MSK.



# DOSH (Malaysia) Statistic



**Figure 1.2: Trend of reported musculoskeletal disorders (MSDs) from 2005 – 2014**



Ergonomics is all  
about US , it's  
about

**PEOPLE + WORK**

Easier | Standard |  
Safer | Efficient

## Ergonomics Risk Factors

List ERFs (based on DOSH guideline):

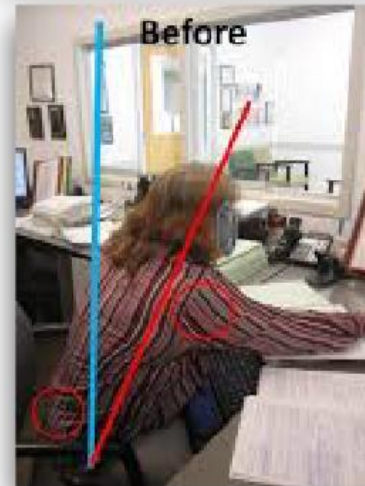
- **Awkward postures**
- **Forceful and sustained exertions** - handling heavy load
- **Static and sustained posture** - office worker
- **Repetitive motions**
- **Vibration**
- **Contact Pressure**
- **Environmental factors**- temperature, ventilation, noise



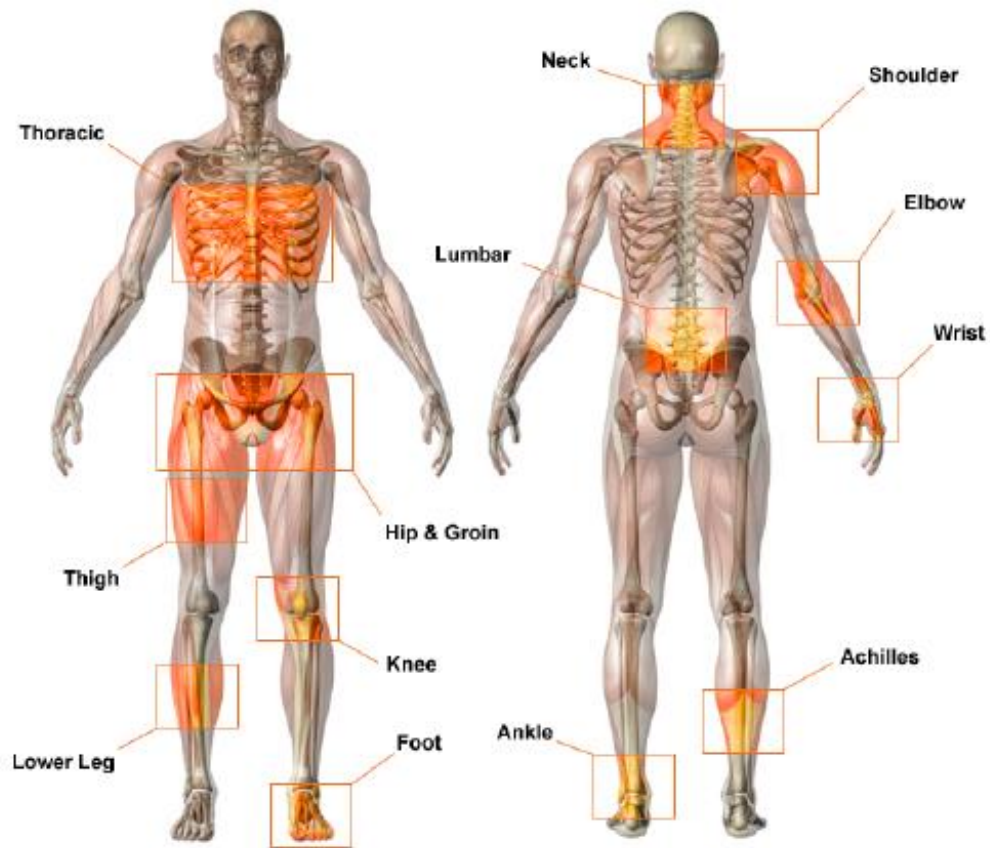




# Case Study



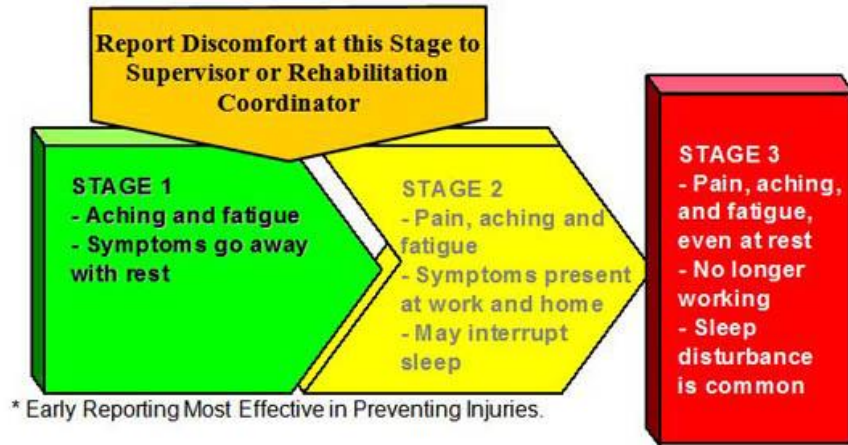




# Problematic Body Area

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# Stages of MSD Development



## Signs and Symptoms of MSDs

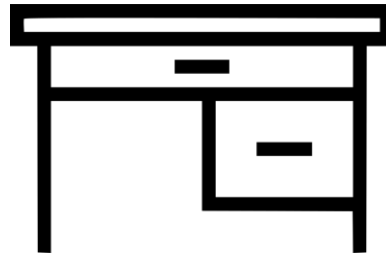
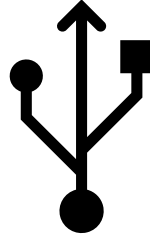
Signs – Can be directly observed

- Redness
- Heat
- Swelling
- Reduced movement

Symptoms – Can be felt but not observed

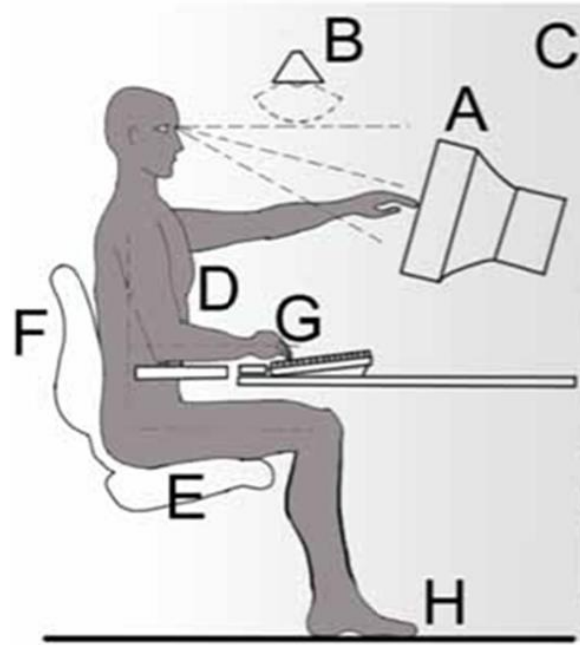
- Pain
- Discomfort
- Weakness
- Tingling
- Numbness

# COMPONENTS IN WORKING POSTURE



# Desktop Computer Ergonomics

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- A- Position monitor 18" to 24" away (approximately arm's length) and about 15° to 30° below your line of sight.
- B- Don't let light shine in your eyes or on your screen.
- C- Square screen to your line of vision.
- D- Forearms 90° from your spine.
- E- Thighs 90° from your spine.
- F- Use a well-made, adjustable office chair, preferably with padded, adjustable arms.
- G- Use a wrist pad to support your hands when not typing.
- H- Feet flat on the floor.



## Safe Lifting Practices Heavy Load

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# General Guidelines



When working at the desk or computer:-



Regular Take Short Breaks stretching – every 20-30 minutes or change position



Avoid staying in one position for too long!



Try to eliminate or reduce repetitive actions (i.e., to avoid any overuse of muscle groups)



Adjust work schedules, work pace, or work practices to ensure you can vary your activities and posture

# Simple Office Break Stretching

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**1 Reaching For The Sun**



**5 Fingers -Up**



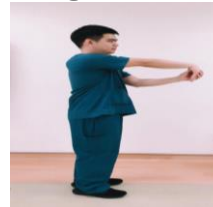
**9 Calf Stretch**



**2 Lateral Neck stretching**



**6 Fingers-Down**



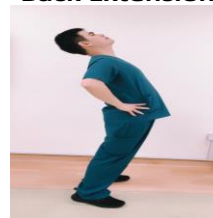
**10 Hip Flexor Stretch**



**3 Between The Shoulder Blades**



**7 Back Extension**



**11 Hip & Gluteal Stretch**



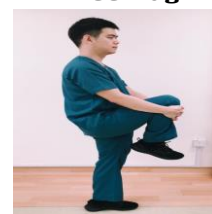
**4 Upper Shoulder Stretch**



**8 Quadriceps & Hip Flexor Stretch**



**12 Knee Hug**



Well at Dell