

# Ergonomics at work

and sedentary lifestyle

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# Ergonomics

Main objective:

Support => healthy, happy employees



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Support => healthy, happy employees

## What do we usually expect from an Ergonomic workplace?

- Ergonomic chair and desk
- Generous workspace
- Natural light / or at least warm colors
- Creative energy: colorful, asymmetric furnitures, pictures on the wall, etc.
- Stress reducing facilities (PS, table tennis, table football, vending machines)

...





# Ergonomics

Main objectives:  
Support healthy employees

What can be learned from  
an office space?

- 
- 
- 
- Creative facilities (PS, table football, vending machines)

...



# Ergonomics

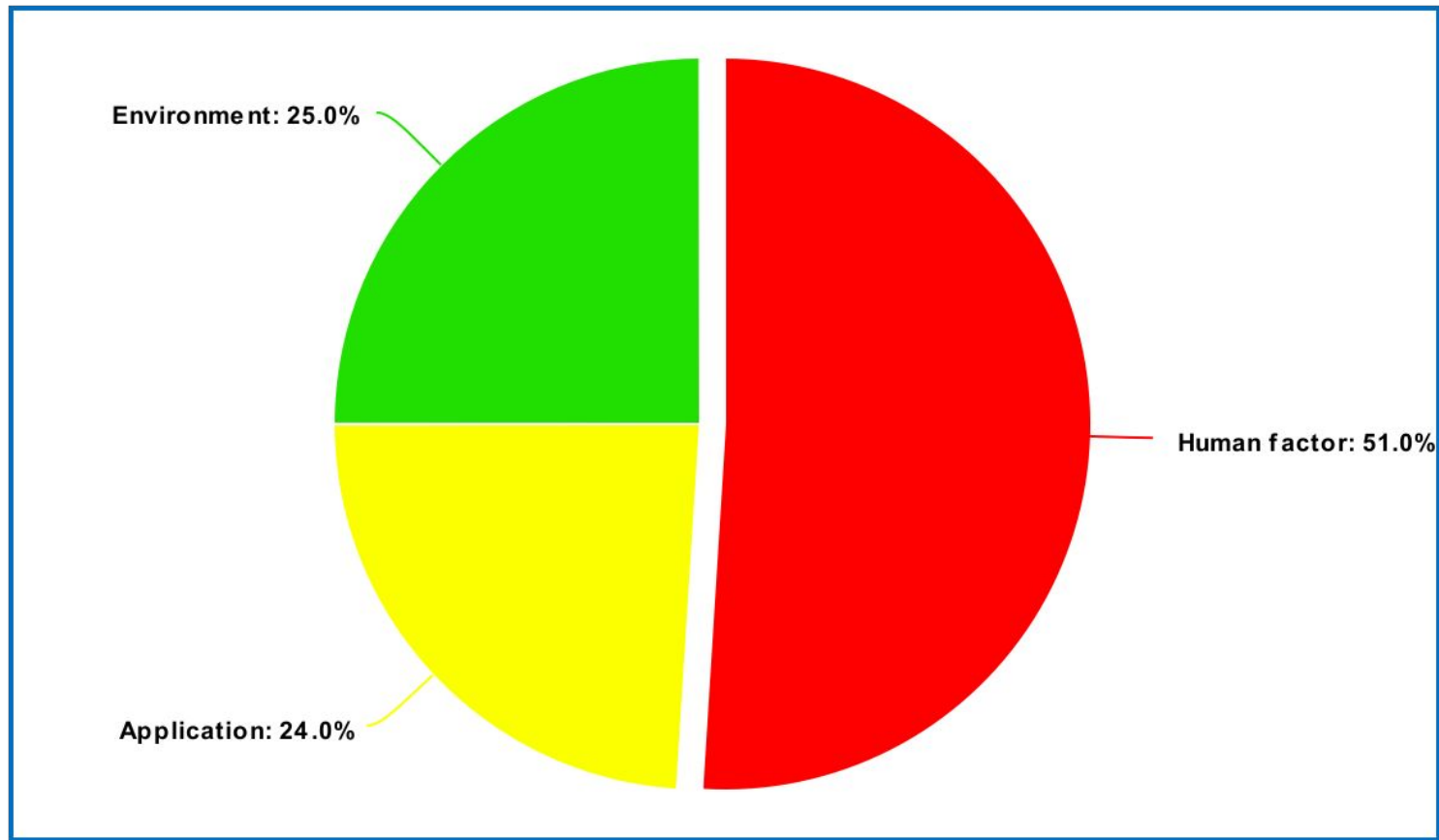
Main of ...  
Support ... employees

What ... from

**THE HUMAN FACTOR**

- 
- 
- Creative ...  
pictures on
- Stress reducing facilities (PS, ...  
football, vending machines)
- ...



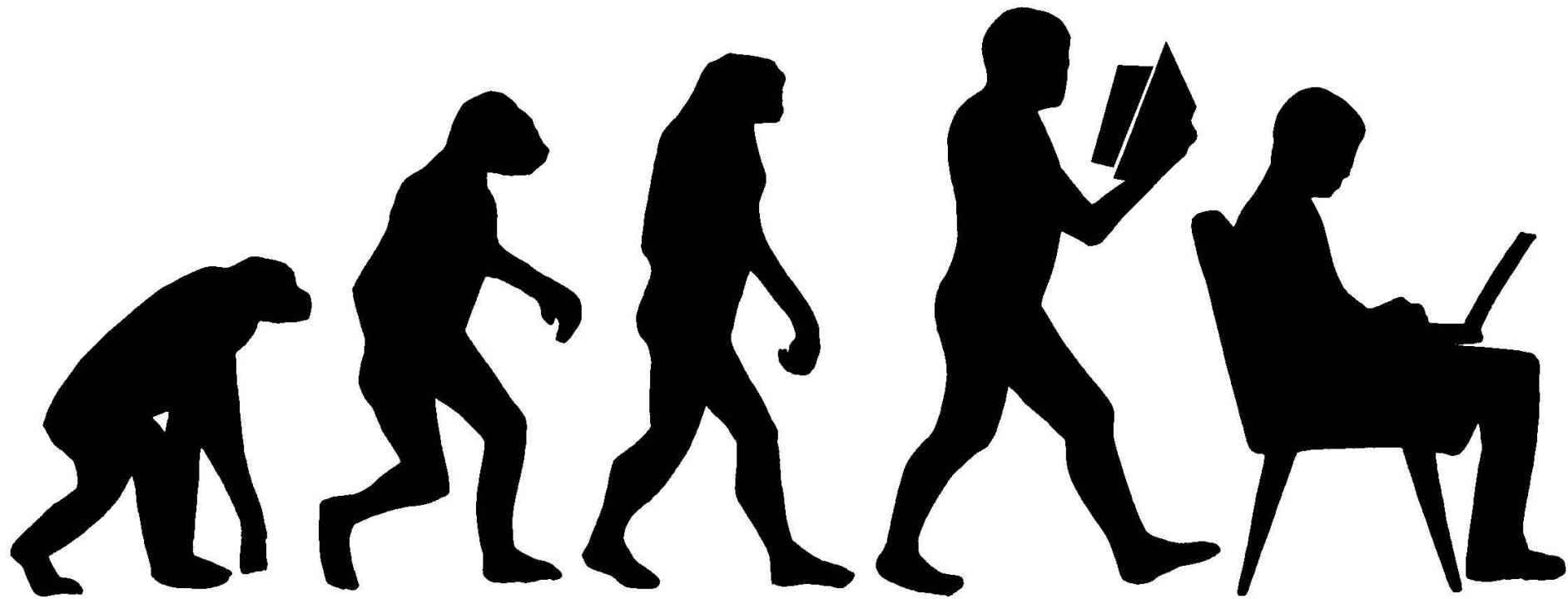


■ Human factor   ■ Application   ■ Environment

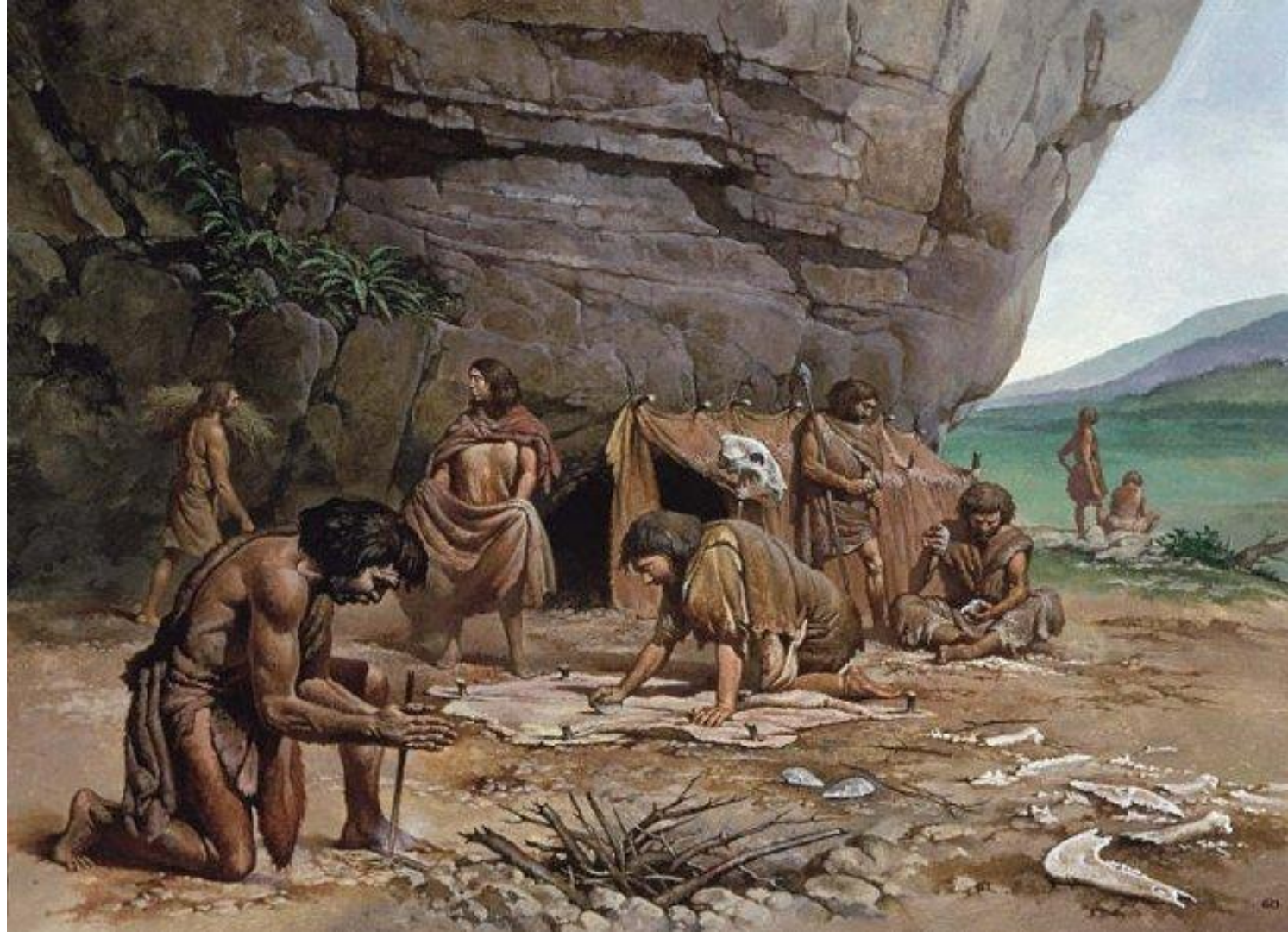
# Human factors:

- Posture
- Fitness
- Tone of muscles
- Self-awareness
- Attention
- Eating habits
- Water intake
- Sleeping pattern
- Exercising routine
- Harmful substances













# Chair Types

for Your Decorating Style

## Classic Chair



Traditional Bentwood



French Bistro



Cross Back

## Modern Chair



Modern Bentwood



Mid-Century



Industrial Cafe

## Transitional Chair



Vintage French



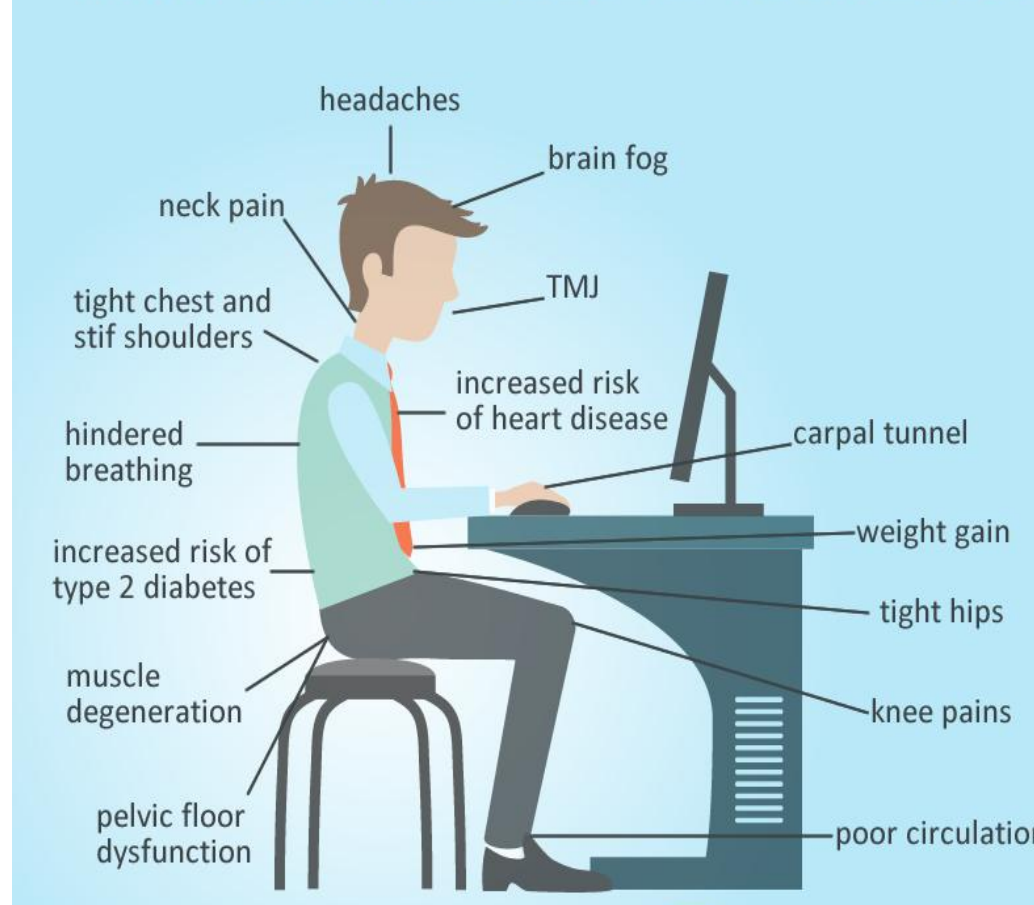
Parsons



Windsor

## How sedentary are we?

- Prolonged sitting is the fourth leading cause of death due to non-communicable diseases.
- It's also the cause of 21–25 percent of breast and colon cancers
- 27 per cent of diabetes
- Around 30 percent of ischaemic heart disease.
- In fact, physical inactivity is the second highest cause of cancer, behind tobacco smoking.
- 60 percent of Hungarian adults do less than the recommended 30 minutes of moderate intensity physical activity each day.
- Almost 70 percent of Hungarian adults can be classed as either sedentary or having low levels of physical activity.



# Újabb magyar siker: elsők vagyunk az EU-ban elhízásban



MOLNÁR CSABA

+ KÖVETÉS

2019.05.16. 11:16

Ajánlom 5



De világszinten sem kell szégyenkeznünk (vagyis hogy éppenséggel kéne), hiszen az Egyesült Államok, Mexikó és Új-Zéland után a negyedik helyen állunk. Az elhízás ugyanolyan káros az egészségre, mint a dohányzás, hiszen számtalan betegség hajlamosító tényezőjeként működik - áll az európai elhízás elleni napról kiadott közleményben.





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*The top of your screen should be at eye level*

*The chair should completely support your thighs*

*Your legs should be bent in a 90- to 110-degree angle*

*Your feet should be flat on the floor*



*Make sure you relax your shoulders*

*Your forearms should be parallel to the floor*

*The chair should have a backrest that supports your lower back*

