TEXAS A&M
HEALTH SCIENCE CENTER
SCHOOL OF RURAL PUBLIC HEALTH

20-November-2012

Re: Rachel Boenigk Ergonomic Workstation

To Whom It May Concern:

I am writing this letter in reference to support for Rachel Boenigk's request for an improved ergonomic workstation. With a over 40 years of experience in ergonomic evaluation, intervention, innovation, design, research, and instruction, Rachel has contacted me to lend support and expertise to her request. Based on my work and research experience, in evaluating a workstation for someone with Ms. Boenigk's anthropometric measurements (below 5 feet tall and above average BMI), I can quickly make several ergonomic intervention recommendations that have been shown to accomplish several goals:

- Significantly reduce potential for worker injury
- Significantly reduce lost time or potential for lost time cases (absenteeism)
- Reduce unproductive time at work (presenteeism)
- Increase overall productivity
- Increase overall worker health

My recommendations begin and end with the adaption of a 40 in. stand-biased workstation with an adjustable keyboard tray, flat panel monitor with adjustable arm, stool and foot support platform. Today's sit-stand workstations help to increase worker productivity up to 17%, reduce employee discomfort, increase employee awareness, and just overall positive feedback from employees. Research has shown that for employees transitioning to a stand-biased workstation:

- Body part discomfort ratings decreased 26% overall
- Work-related injury/illness data has decreased by 28%
- Lost time cases have decreased by 82%
- Associated costs have decreased by 95%

The reasons for these significant changes are due to several factors. When standing, you promote increased blood flow, better respiration, better reaction, and better alertness. Additionally, you decrease low back disc pressure by more than 40%, leading to a decrease in occupational injury risk. You also burn more calories as a result. This increase in caloric expenditure also corresponds with a decrease in blood

pressure, decrease in BMI, a potential for weight loss of approximately 10lbs per year initially, and a significant reduction of diabetes risk.

Based on these factors for both increases in productivity, reduction of occupational injury risk, and an overall increase in predictive health outcomes for Ms. Boenigk, it is my strong recommendation that Ms. Boenigk be provided with significant ergonomic modifications to her current workstation. Along these lines, my recommendations for Ms. Boenigk include several products designed to meet the needs of a wide variety of anthropometrically diverse population. All products in my recommendation are designed to meet the ergonomic needs of the 5th percentile female to the 95th percentile male on all design criteria.

Workstation: Neutral Posture N-tune stand-biased desk system
Chair: Neutral Posture 8000 Series with foot platforms
Adjustable Keyboard Tray: Leverless sit/stand adjustable keyboard tray
Monitor Arm: FLEXmount arm to provide monitor adjustability

Thank you for your time and consideration. It is my sincere hope that you strongly consider my suggestions based on a lifetime of experiential knowledge in the field of office ergonomics to reduce the physical burden on Ms. Boenigk and help her have a more productive career with your organization and a significantly healthier life both at work and overall.

Best Regards,

Jerome J. Congleton

Jerome J. Congleton, PhD, PE, CPE
Professor
Assistant Strength & Conditioning Performance Coach
Ergonomics & Safety Engineering
Environmental and Occupational Health
School of Rural Public Health
Texas A&M Health Science Center
Texas A&M University System
MS 1266
College Station, TX 77843-1266
Office: 979-845-5574
Cell: 979-777-6323
ergo@tamu.edu