
Ergonomics Q & A

Question 1. “I have been told my symptoms are not work related. How do I know?”

- There are some basic questions you can ask yourself:
 - Do your symptoms go away when you’re away from the job but return after you have been back at work?
 - Do your symptoms worsen as the week progresses?
 - Are your co-workers experiencing the same or similar symptoms?
 - Do your symptoms bother you so much you change the way you do your job?
- Contact your union health and safety coordinator.
- For more information, visit www.afscme3090.org.

Question 2. “I heard the discomfort I feel is from working with computers. Is this true?”

- Some of the discomfort may be caused by risk factors associated with computer use. If your work is repetitive, or you sit in awkward or stationary positions, or use excessive force or pressure in your job, then the discomfort could be from working with a computer/computer workstation.
- Evaluate and adjust your workstation using Handout E, “Office Ergonomics: Remember the Basics.” See if this makes a difference.
- For more information, visit www.afscme3090.org.

Question 3. “I experience discomfort in my lower back when sitting at the computer. What should I do about it?”

- Evaluate and adjust your workstation, especially your chair. Important features of the chair to consider: Use a chair which has a support for the lower back (lumbar support). This adjustment may feel uncomfortable at first, but in the long run it is best for the back. It is also important that the worker maintain good (or neutral) posture, without slouching, while at the computer.
- Take breaks. Remember the mini breaks.
- For more information, visit www.afscme3090.org.
- If discomfort persists or becomes worse, speak with your supervisor and seek the advice of a doctor.