Welcome to the Ergonomics Newsletter

This is the first issue of our newsletter. We will publish once per calendar quarter or 4 times per year. In it you will find information about current ergonomic services at CSU East Bay, discussion and information about ergonomic topics, and resources to help you apply them. Keep in mind that this is your newsletter. I am happy to tell you things that you should know and do, but I am equally as interested in topics of concern from anyone on campus. The shape and tone of this newsletter will evolve over time to reflect the wants and needs of the campus community.
Thomas Sneed
Ergonomic Compliance and Training Coordinator

Ergonomic Activities for April thru June

Regular Ergonomic Activities for Spring.

Continuing thru June, daily ergonomic activities will continue for any staff or faculty member who wants to participate, regardless of ability. Contact Thomas Sneed at X57687, 925-399-2305, or at thomas.sneed@csueastbay.edu.

Here is the plan…All sessions begin at Noon each day and will last 30-60 minutes. This program is presented with the thought in mind that we are in a work environment. No special clothing or equipment is required. Wear what you feel comfortable in.

I plan to be available every day from 12:00 noon – 12:15pm at my office in SA-1600. There is always the small possibility that I might not be available on a given day due to an emergency or off campus responsibilities, so contact me in the morning to make sure that I am here. The activity that we will participate in will depend on the interests and ability of those that attend. If no one has a preference, I will choose an activity to do. Please make sure that you arrive by 12:15pm as we will often walk to another location for our activity. If you cannot make a noon hour session and would like to participate in or explore a particular movement activity, please contact me. I am available for department/group meetings or one on one instruction.

Typical offerings include:
Basic ergonomic guidelines for any workers.
Back safety classes.
Movement/stretching for any work type or body region.
Core strengthening and balancing techniques.
More complex or specific activities (breathing, mindfulness, Tai Chi Ch'uan, etc.).

Please contact me with any questions or suggestions. Whether you can participate or not, do something for yourself every day.

**Current Ergonomic Topic**
**Every day is opposites' day!**

One of the goals of ergonomics is to have you create a productive and comfortable environment in which to work. Even with an optimal work area we still experience physical stresses and develop habits that can affect us in the long term if we ignore them. Generally speaking most of us have job tasks that occur in front of us and at or below our eyes. Consequently, we have a tendency to look, sometimes bend, forward and down. We frequently reach for things in front of us. Long term consequences of this can include a forward head posture, shoulders rounded down and forward, and weakened muscles in the back relative to the front. So what is one to do? Think opposites!

To counteract a forward head posture move the head back (neck glide and extension movements). To counteract forward slumping shoulders open the chest (chest expansion and torso extension movements). To counteract a slumping spine from bending forward or sitting most of the day, extend the spine (lumbar extension movements). Do the opposite! If you sit most of the day, perform these movements standing. If you stand most of the day perform these movements sitting. Opposites!

**On Your Feet Day: April 27, 2018**

**Sponsored by Get America Standing and Active Working CIC**

Get America Standing is a campaign to grow awareness and education of the dangers of sedentary working and in particular prolonged sitting time. The average USA office worker sits 10 hours each day, with almost 70% of sitting taking place at work. There is growing scientific evidence highlighting the multiple health risks (including cardiovascular disease, diabetes (type 2), certain cancers and mental health) caused by excessive and prolonged sitting. Active Working increases employee wellness and performance through break-up and reduction of workplace sedentary behavior.

Active Working CIC is leading the global insight and evidence based research on sedentary behavior. They commissioned the first global expert recommendations on standing time for office workers (with the support of Public Health England), published by the British Journal for Sports Medicine in June 2015. They spearhead international Get Standing campaigns in, Australia, Canada, UK, Ireland and Europe.