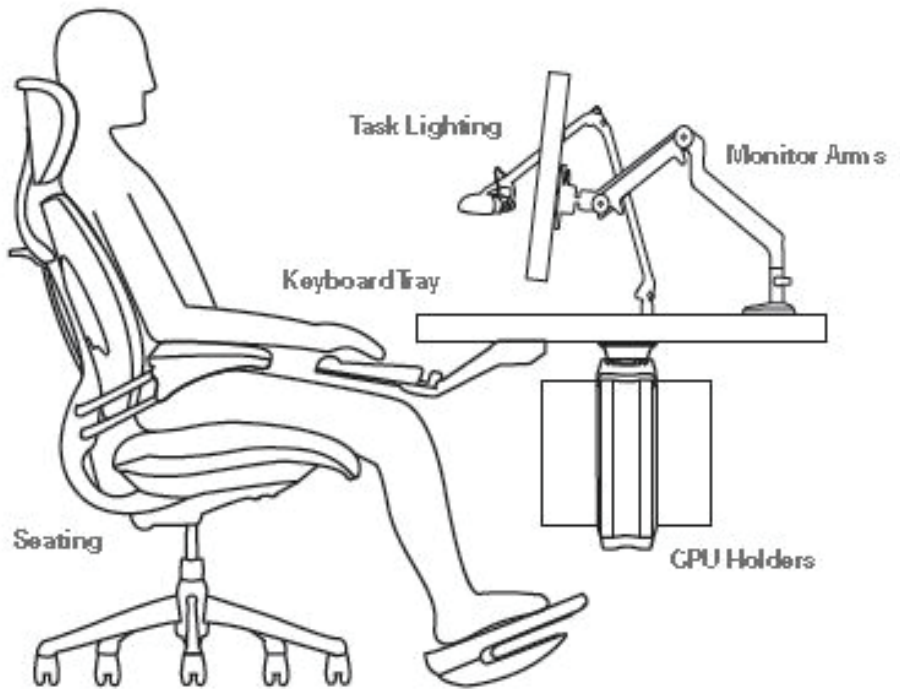


Ergonomics in the Workplace

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Implementing proper ergonomics practices in the workplace does much more than simply promote comfort and reduce injury risks. Good ergonomics increase productivity and employee morale. They reduce costs and contribute to company goals. Ergonomics impact the bottom line.

The largest and most important asset of any organization is its employees. In addition to protecting that asset, a good ergonomics program is the best way to maximize its potential. Companies that invest in ergonomics see drastic reductions in lost work days and costs associated with workers' compensation claims. They reduce energy costs, earn tax credits, and LEED credits through compliance with building standards. They employ happier, healthier people. And that's just the beginning.

By incorporating ergonomics into company strategy, an organization can create a streamlined business model that operates more efficiently and generates greater profits. It all starts by creating a better place to work.

Ergonomics in the Workplace

UNICOR offers our customers both the products and know-how, including ergonomics training and demonstrations to protect their people from work-related injuries. In addition to health benefits, the implementation of comprehensive ergonomics programs and the use of innovative ergonomic tools can qualify your project for LEED·CI credits. More information about LEED credits and ergonomics training is available on our website or by contacting us directly.

While many factors come into play with respect to an ergonomic workspace, the greatest benefit to workers results from the combination of an excellent ergonomic task chair with the following four tools.

ADJUSTABLE KEYBOARD SUPPORTS

Forming the bridge between the user and the computer-adjustable keyboard supports are a key component of an ergonomic workstation and a must for any keyboard user. They help prevent wrist pain and Carpal Tunnel Syndrome, allow the upper body to relax, and maximize the function of an ergonomic task chair by enabling the user to work while fully engaged with the chair's back support. Look for keyboard supports with negative tilt adjustability to keep wrists straight and protect them from injury.



TASK LIGHTING

An often-overlooked ergo essential, task lighting supplies the right amount of adjustable illumination for each user and task, and helps prevent glare and Computer Vision Syndrome, a condition affecting up to 90% of computer users, causing eyestrain, eye fatigue, dry eyes, light sensitivity, blurred vision, headaches and other symptoms. Task lighting has been linked to boosts in employee mood and productivity. It also allows for lower levels of ambient lighting, yielding significant reductions in energy usage and associated costs.



MONITOR ARMS

Floating the monitor above the work surface and allowing for easy height and depth adjustment, monitor arms serve double-duty in the ergonomic workspace. In addition to enabling ergonomic positioning of the display, monitor arms clear valuable desktop space for other uses and can make smaller workspaces more productive.



CPU SUPPORTS

CPU supports bring drives and ports into easy ergonomic reach, and protect valuable hardware from dirt and dust, vacuums, and other workplace hazards. Desk-mounted CPU supports with swivel-and-stow features offer maximum user convenience, and units providing tool-free installation can yield cost savings and simplify IT support.

