

GETTING ERGONOMIC ASSISTANCE

If you want assistance setting up a workstation, or need any additional ergonomic evaluation for laboratories, you can do so as follow:

- Contact your supervisor or ESH coordinator. They will set up an evaluation with the Industrial Hygiene Group. Contacts include
 - John Peters x7475
 - Fred Horn x3451
 - Robert Selvey x3066
 - Nicole Bernholc x 2027
 - David Robbins x 5789
- If you are experiencing pain, go to the Occupational Medicine Clinic and they will set up a referral with the Industrial Hygiene group.

ADDITIONAL TRAINING

Currently BNL offers computer based back safety training available through the Central Training Office.

Also, the Central Training office offers a classroom VDT Safety class available. See the training website for schedule. You can also arrange for Industrial Hygiene to do training in your department.



ANNOUNCING

THE OPENING OF BNL'S ERGONOMICS DISPLAY ROOM



For More Information
Contact
Nicole Bernholc, CIH
344-2027

John Peters, CIH
344-7475



PURPOSE

Located in the trailer 503 adjacent to Safety and Health Services Division, Building 120, the ergonomics display room is available to help you identify products that may make your workstation appropriate for your use.

Currently vendors are donating samples so that you can view examples of different ergonomic options for your workstation.

WHAT WILL BE DISPLAYED?...

Vendors displayed include

- **Contour Design**
- **Workrite Ergonomics**
- **Humanscale**
- **Intellaspac**
- **Neutral Posture**
- **Dynamic Computer Corporation**

Types of products include

- Ergonomic chairs



- Keyboard holders/trays including sit stand models.



- Conventional and alternative mouse products (e.g. laser mouse; Roller mouse, Perfit mouse; whale mouse, Roller trackball)



- Height adjustable workcenters



- Flat screen monitor arms



- Laptop holders



- Other Ergonomic Accessories including footrests; CPU holders; document holders; space organizers keyboards holders etc.



ADDITIONAL DISPLAYS

Computer programs designed to help remind you to take a break and stretch and show you how.

- **Workspace**
- **Stretch Break**

TO VIEW THE PRODUCTS.

To make an appointment with Nicole Bernholc, schedule through Outlook Calendar. If you are not an Outlook user, email Tracy Blydenburgh at blydenburgh@bnl.gov.
