

### Staff Workstations

Ergonomics is the study of peoples' performance and welfare in relation to their job tasks and environment. It attempts to improve the interaction between people and the equipment used to carry out their work. It is the fundamental link between safety, quality and production.

Dictionary.com defines ergonomics as: '*The applied science of equipment design, as for the workplace, intended to maximize productivity by reducing operator fatigue and discomfort*'.

An ergonomic workstation arrangement will allow a computer user to work in a neutral, relaxed typing posture that will minimise fatigue and the risk of developing any injury.

To assess if Terrific Tours staff had access to ergonomically sound workstations an 'Evaluation Questionnaire' was issued to a sample of 27 members of staff.

Staff were asked 22 questions about their:

- Work area
- Desk
- Chair
- Monitor
- Keyboard
- Mouse arrangements.

The purpose of the questionnaire was to collect data to establish if staff were working at ergonomic workstations that were large enough, adequately equipped and correctly positioned thus thus avoiding bad posture, overreaching and restrictions which can all contribute to MSD.