Ergonomics Solutions to the Potential Pitfalls of Hybrid Offices



As we eagerly return to work in the office, many organizations are considering hybrid working models.

For some, this simply means working at home a few days a week and working in a pre-2020 office workstation for the remainder of a week. However, some companies see an opportunity to reduce their square footage footprint by implementing shared workstations, commonly referred to as hotelling stations. Employees of these organizations will likely find themselves sitting in a different workstation each time they come to the office.

While temporary workstations make sense for both financial and flexibility reasons, Ergonomists fear that the excitement to reimagine the office environment, may result in companies overlooking many ergonomics and human factors considerations. In doing so, they will place employees at risk for discomfort, injury, and reduced productivity…

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Also, register here to join our webinar featuring speaker Rachel Mitchell

Rachel Mitchell is a Canadian Certified Professional Ergonomist and a Registered Kinesiologist with over 18 years of experience in both Canada and the United States. She holds a Masters of Science in Human Factors Engineering from Nottingham University.

Rachel is currently the President of the Canadian College for the Certification of Professional Ergonomists and is actively involved regulating and promoting ergonomics.

Rachel has spent the majority of her career providing ergonomic consulting services in a range of environments including manufacturing, warehousing, health care, construction, transportation, public utility, office, childcare, retail, educational, pulp and paper, aerospace and food preparation.

Rachel builds relationships with employers, workers, and unions to ensure successful outcomes; whether it be risk reduction, workstation and work flow design, ergonomic program development, or return to work planning.