# Ergonomics – Using Microbreaks Fatality File



## Ergonomic considerations for a patient presenting with a work-related musculoskeletal disorder

A documented case report describes a 36-year-old office worker who developed a serious musculoskeletal disorder affecting his neck and upper back due to poor ergonomics at his workstation. The employee spent long hours seated in front of a computer with a poorly positioned monitor, inadequate chair support, and a desk height that forced him into a forward-leaning posture. Over time, the combination of awkward positioning and repetitive strain led to persistent neck pain, trapezius muscle tightness, and reduced range of motion—symptoms severe enough to interfere with his daily activities and work performance.

Medical evaluation confirmed that the lack of ergonomic controls in his workstation was a major contributing factor to his condition. Only after receiving targeted treatment and having his workstation redesigned—including proper chair height, neutral monitor positioning, and improved posture—did he achieve full recovery. This case highlights how even “low-risk” office environments can produce serious musculoskeletal injuries when ergonomic hazards are ignored, emphasizing the need for proactive assessment, proper workstation setup, and early reporting of discomfort before it escalates into a debilitating disorder.

**Source:** https://pmc.ncbi.nlm.nih.gov