Office Ergonomics: Headsets Video



With the right lighting, you may think your workstation is complete.

As you settle in, the phone rings and you pick up the handset. You might not think talking on the phone puts you at risk of injury, but depending on how you hold the phone, it definitely can.

Workplace telephone conversations often require us to multitask. Whether you're sitting at a desk or in the field on a smart phone, you may need to type notes into a computer or tablet, or write something down on a notepad. As a result, you can wind up craning your neck to one side, pinning the phone against their shoulder.

It's understandable why people do this—pinning the phone gives us the freedom to use our hands for something else. But it also can result in **static loading**, which puts a strain on the head and neck muscles and can lead to short or long-term pain or injury.

The good news is there's an easy solution—headsets. Check out this video from State Fund for more information.

You'll find a variety of headsets in local stores and online. With wired and wireless options available, you can select the style that best fits your employees' needs.

Using a headset allows you to maintain good posture and avoid putting your head and neck in awkward positions. This immediately provides a more comfortable and productive work environment. And you can take the phone off the list of risky tools in the workplace.

Adjusting your chair to your body and workspace is the first thing you should do to improve your ergonomics. After adjusting your chair be sure to adjust your mouse, keyboard and monitor placement. Wear a telephone headset and adjust lighting. If you start feeling pain, stretching your muscles can provide some relief.

(Source: https://www.safeatworkca.com/videos/office-ergonomics-headsets-video/)