



Computer Workload Hazard Control - 1



- Discuss ergonomics with employees regularly (e.g., walkarounds, group meetings, etc.)
- Be attentive and anticipate changes in the workload of your staff *...cyclical “crunch” periods, new projects, increased volume/effort*
 - Ergonomic risk increases significantly as your computer-related workload exceeds the 4 hrs/day benchmark.
- Potential hazard controls
 - Encourage employees to take regular breaks:
3-4 minutes minimum for every 30 minutes of computer work
 - Download RSiGuard break reminder software (A-Z Index)

For more information, contact the Ergo Team x6848 or ergo@lbl.gov