Assignment 4: Comfort

**Goal of the assignment**

Improving your workplace. The focus is on screen work.

**Assignment**

Make an overview of your workplace

The assignment starts with making an overview of your workplace. When you work at different locations, look at the location you use most frequently.

* Describe the following of this workplace (draw and take pictures to explain):
	+ Dimensions of your desk, dimensions of your chair (when you use an adjustable chair: the dimensions of the chair in the position you use)
	+ Position of screen and keyboard, mouse, fixed products (like a lamp)
	+ Products on and around your desk you use at work

Activities

Try to estimate as well as possible how much time you spend behind your screen on a working day. How much time on a long day? And on an average day?

* Make an overview of the use of your screen
* Make an overview of the various screen activities (like typing a report, watching movies, using mouse-heavy programs like SolidWorks): how often, how long, postures while working
* Take pictures of your postures (or have someone else do that) while you are at work

Comfort

* Use the LPD method to assess your workplace.
	+ Fill in the LPD after 2 hours working
	+ Assess your workspace: any physical problems?

Rearranging your workplace

* Watch the movie on prevention of Repetitive Strain Injuries (RSI) and healthy computer working, available on the Elementary Ergonomics Brightspace website, and use the information to set up requirements for your workplace. What should it look like? Take into account your own body dimensions and your activities. Explain the choices you made.
* Assess how well your current workplace meets the requirements.
* Try to (re)arrange your workspace as well as possible to meet the requirements.
* Make an overview of the adaptations you made to your workplace (show them in pictures, draw measures and changes in dimensions in the pictures, show what aids you made, like for example a footstool)

Assessment workplace

Use your rearranged workplace for at least a day to get used to it.

* Fill in a LPD after 2 hours working.
* Compare the results to the LPD of your original workplace.