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**Ergonomic Products – For Stress Free Life**

**By Cathy Peterson**

According to the definition given by International Ergonomics Association in 2000, Ergonomics is the scientific discipline which is concerned mainly with the understanding of interactions among humans and other elements of a system, and the profession that applies theory, principles, data, and methods to design in order to optimize human well–being and overall system performance. The person who takes Ergonomics as the profession is called an Ergonomist.

**Design Principles:**

Ergonomists mainly uses the principles of psychology, industrial engineering, biometrics and even bioinformatics up to an extent. They use all these principles to design various ergonomic products. These ergonomic products mainly vary by depending upon physical strengths and weaknesses of the people who are targeted while designing them. These products also depend upon the response time which people normally take to react to various types of incidents and the amount of stress which they can bear. The ergonomic products range from the handle of a toothbrush to the flight deck of the space shuttle.

While designing the ergonomic products, ergonomists view the target audience and the product that they have to develop as a single unit. Then the design goes in a way such that they can really blend the best abilities of the people and machines to provide some very useful ergonomic products. Ergonomists frequently use two– or three–dimensional mannequins that represent particular dimensions of the human body, such as seated height, or arm length or reach. And they some times go for advanced tools which implement technologies like computer aided design or manufacturing. The tool that they use mainly depends up on the product which they are trying to develop.

**Finding the Best Deal:**

If you are really interested in knowing about these ergonomic products or ergonomics as a subject, you can get huge information from the internet. You can even find so many ergonomic products online. For example, [ergolance.com](http://ergolance.com) is a web site where you can buy the ergonomic products. This web site is really a good source for ergonomic products. They offer wide range products. Some of them include

ergonomic keyboards, mice, trackballs, arm supports and many more. They always strive to provide their customers with comfort and productivity while helping to reduce repetitive stress injuries.

Before a few years, the prices of these ergonomic products were a bit high. But, as the competition is increasing in the market place, the prices are declining rapidly. For example on

<http://www.ergolance.com/>

you can get an ergonomic keyboard for as low as \$30. The price is very low

when compared the benefits that can be obtained by that keyboard. So, just get on to the internet and find the best suitable product for you. Order it online and make use of this wonderful technology.

Cathy Peterson writes about

<http://www.Ergolance.com/>

,

<http://www.Ergo-Items.com>

and

<http://www.ErgoArm.com/>

## **Buyer Beware: Is That "Ergonomic Chair" Really Ergonomic?**

### **By TC Thron**

Not everybody knows exactly what ergonomic means, but it's getting to the point where everybody knows an "ergonomic chair" is better than just some plain old chair. Thus even Joe Newbie is more likely to buy the ergonomic chair than the chair that is not advertised as ergonomic.

The problem is stores and manufacturers are starting to put the word ergonomic in front of every chair they sell, whether it has anything to do with ergonomics or not. There is more to ergonomics than a little added cushioning in the seat.

So, What Is an Ergonomic Chair?

Ergonomics is the study of equipment designed with humans in mind, meant to reduce operator fatigue and discomfort. Specifically, an ergonomic chair should be highly adjustable, including not just a knob for lowering and raising the chair but adjustability in the back tilt and the height of the arm rests. An ergonomic chair should also have a sturdy frame (avoid plastic), a great deal of support, especially in the lumbar region, and padding that has some give and supports your body without losing shape.

Real ergonomic chairs cost hundreds of dollars. Look for manufacturers that specialize in ergonomics and are known for producing quality chairs. Examples are Herman Miller, Neutral Posture, and BodyBilt. Avoid gimmicky chairs (such as kneeling chairs and ball chairs) unless you have actually had the opportunity to try one and feel it's a good fit for your body. Remember, the chair that is comfortable when you first sit in it may not remain so after several hours.

### Why and When Should You Consider Buying an Ergonomic Chair?

An ergonomic chair promotes good posture, reduces the fatigue that comes with sitting in one position for a protracted period of time, and it can even reduce the likelihood of developing Carpal Tunnel Syndrome and other repetitive stress injuries (many of these hand and wrist injuries start with poor posture at the computer).

Anybody who spends more than an hour a day at the computer should consider buying a good ergonomic chair. If you work 8 hours a day or more at the computer, you should definitely have a good ergonomic chair.

TC Thorn has more information on her site [Ergonomics Information](#).

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Make Workplace A Comfortable Place With Ergonomic Products

Benefits of Using Ergonomic Mouse Pads

Steps To Take To Accommodate The Employee With Cumulative Trauma Disorders

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