

→ Zone 4 - Workspace Organisation



Improperly placed equipment or accessories can encourage frequent over-reaching or bending. Workspace storage & organisation solutions can help create a workstation flexible enough to meet your ergonomic needs.



Ergonomic Tips & Solutions

- **Neutral Reach Zone:**
The area that can be conveniently reached with a sweep of the forearm while the upper arm hangs in a natural position at your side.
- Ensure that you have adequate space for your accessories.
- Keep frequently used accessories within your neutral reach zone.



DID YOU KNOW?...

- 23% of European workers complain of muscular pain*
- Workstation illnesses affect nearly 500,000 people every year.

* www.osha.europa.eu

