



Ergonomics

Well-being at the workplace

Different factors influence well-being at the workplace, including natural light, indoor climate, noise and furnishing. Natural light is essential and every workplace should offer an unrestricted view of the outside. Workplace lighting must be both adequate and functional.

The indoor climate is a key factor. In addition to using materials with as low a content of harmful substances as possible, temperature, humidity and airflow velocity all play a major role in the workplace. The climate inside 24/7 facilities should be permanently measured and controlled.

Just as noise levels vary during the course of a day, so does employees' sensitivity to noise. The humming of an air conditioning unit will be considered annoying after midnight, but a normal noise during the day.

Everyone is individual, and that applies to body size as well. In order to avoid poor posture and overstraining, height-adjustable work stations are therefore obligatory and ergonomic chairs a matter of course. Anti-reflective screens for monitors are standard today. In order to satisfy hygiene requirements, employees working shift are now given their own personal keyboard and mouse.

Control centers are essentially purely functional facilities with high standards of safety.

As a result, they often appear cool and inhospitable. This impression can be offset with plants, specially furnished quiet corners or aquariums.

The advantages for you

An ergonomically designed environment is essential to enable your operators to perform well. Fast and individually adjustable work stations ensure that your employees are ready to take over immediately after a change of shift – a crucial factor in critical situations calling for swift and appropriate responses.

Conrom's expertise

Conrom assists you with indoor climate measurements, analyses and solutions as well as helping you to achieve an optimum ergonomic work environment for your employees.

- An ergonomically designed workplace is essential to enable your operators to perform well.
- Various factors come together, such as natural light, indoor climate and furnishing.
- Conrom knows how to create an optimum work environment.

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