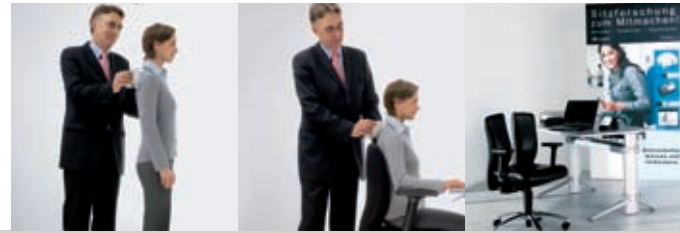


ErgoMouse

Visualisation of seated-posture profiles



The ErgoMouse is a measuring device for **visually displaying seated-posture profiles**. This small, inconspicuous device is used in situ in the workplace in conjunction with a PC and printer. The first step involves scanning the test person's back with the ErgoMouse. The data are recorded, converted into an easy-to-understand graphic and printed out.

The second step involves pointing out to the test person incorrect postures and the possible consequences. The test person is then given detailed advice regarding the possibilities for improving posture which exist in the workplace. In the process, particular attention is paid to the role of the swivel chair in ensuring sitting habits which are geared to the spinal column, are kind to the intervertebral discs and spare the muscles. In the third step, the optimised seated-posture profile is recorded using the ErgoMouse. The image showing the optimised profile is compared with the first image in order to increase the test person's awareness of their own physical posture.

Experience has shown that clearly demonstrating simple correlations really does encourage people to change their behaviour. The data obtained from the ErgoMouse can therefore be recorded in a personal Ergoreport. A sample set of data is available. People are generally motivated to take action merely by comparing the two graphics in the report.



Ergonomics



The first measurement shows the reference measurement taken while the person is standing up. This starting posture is recorded with the spinal column in its natural form.

The second measurement is carried out while the person is sitting. The passive posture, which in most cases turns out to be an incorrect posture (e.g. with a hunched back and/or "screen neck"), is depicted.

The comparative measurement is carried out in the corrected seated posture with the spinal column upright.

This illustration shows the active posture with a larger body opening angle.

The Ergoreport produced on the basis of this consultation provides a lasting reminder of the various ways of improving one's own posture at work.

Ergo-Contact

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