Implementation of Ergonomics in Offices of an oil Company

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Abstract

Broadly speaking, Ergonomics is a branch of science, which deals with the study of the interaction between human and the surrounding environment in order to reduce the adverse effects of such interaction to an acceptable limit. Bearing the above definition in mind, a comprehensive ergonomics study was conducted for Petroleum Development Oman (PDO) coastal offices (Green Wing). The study main objectives were:

"* Analyse and assess the office ergonomics problem areas at PD~ offices.

'* Make the necessary recommendations that will enhance the office working environment.

The assessment was conducted using ergonomics questionnaires survey (stage 1) and office ergonomics assessment (stage 2). The results obtained from both ergonomics questionnaires survey (stage 1) and office ergonomics assessment (stage 2) has indicated that there are significant ergonomics problems expressed by the majority of the staff occupying the green wing. The problems are mostly related to the office environment such as noise level and Air conditioning levels. Other problems noted from the survey area related to the inadequate working tables, monitors positions and the consequent health problems such eye strain lower back pain and sore rest. Remedial action plan was made to reduce such problems by providing ergonomics training leaflets and demonstration, designing new adjustable height desk, and fixing the AC and lighting levels. To support long term implementation, PDO management support was sought.