



# an ergonomic well-being remodel

**Depending on the job we have, some of us may spend a good chunk of our workday using a workstation computer. That makes protecting ourselves from computer-related strain and pain – with ergonomically sound body posture and stretches – all the more important so that we’re able to maintain good musculoskeletal health.**

Fortunately, that’s where the Chevron ERGO Team can help. This specially trained team’s purpose is to help Chevron employees identify, prevent and resolve ergonomic-related discomfort before it develops into a repetitive stress injury (RSI) that needs medical care or causes time away from work.

Preventing RSIs is just what the ERGO Team set out to do when they were asked to consult on a recent remodel of the Houston onsite medical clinic. Health care settings can present many opportunities for ergonomic stressors to turn into RSIs, particularly if the workspace is poorly designed. Clinic staff wanted to make sure that didn’t become their experience by finding an ergo-friendly workstation they could use during patient visits.

Although workspace design isn’t normally a task the ERGO Team is asked to consult on, Ergonomic Specialist Dinu Chacko was up for it after learning about the ergo challenges clinic staff were trying to solve. Dinu quickly got to work researching and

evaluating all of the possible options that would safely meet the day-to-day needs of onsite staff while being mindful of the clinic’s limited space.

Once the ideal workstation solution was chosen, Stephanie Estala, clinic team lead, along with Melisa Miles, clinic nurse, and Johana Zelaya and Chrissy Weltzbarker, administrative support staff, teamed up with Dinu and the ERGO Team to obtain the equipment and install it. Dinu showed the team how to properly adjust each workstation to accommodate sitting or standing for different people throughout the workday to preserve ergonomic safety and benefits of all users.

We commend Dinu for his ability to bring ergonomics to the forefront in a unique work environment, and the Houston Medical Clinic staff for their determination in adapting the workplace to be ergonomically sound in ways that increase efficiency and reduce discomfort.

**Are you in need of an ergo assessment? Email [AskErgo@chevron.com](mailto:AskErgo@chevron.com) or check us out on SharePoint.**