

TABLE 7-1

EXAMPLES OF ENGINEERING CONTROLS FOR COMPUTER WORKSTATIONS	
SYSTEM CHANGES	CONTROLS
Physical	<ul style="list-style-type: none"> • Adjustable height counters • Sit to stand stools • Sit to stand mobile workstations • Adjustable keyboard tray • Alternatively designed keyboard (e.g., larger split keyboard) and mouse (e.g., wheel) • Foot rest • Chair with tilt and adjustable backrest with lumbar support • Auxiliary, full-sized keyboards and monitors if using a laptop as primary computer
Vision	<ul style="list-style-type: none"> • Flat panel display • Riser or swivel stand for monitor • Glare screen • Screen magnifiers • Screen magnification • Document holder • Larger font • High contrast ratio between light and dark areas of display • Viewing angle of display directly in front at eye level • Nonreflecting materials on interior surface to minimize glare • Supplemental task/desk lighting • Blinds or drapes to eliminate bright light
Hearing	<ul style="list-style-type: none"> • Evaluation for a hearing aid if appropriate • Adaptable headset • Speaker phone • Text telephone service (TTY) or text relay service (TRS)

adapted headsets and telephones, frequency modulation (FM) field sound systems, color contrast computer screens, sit-to-stand stools in customer service environments, moveable computer workstations (with sitting and standing option), adjustable height counters, and adjustable keyboards (Gillin, Salmoni, & Shaw, 2008, p. 268). Table 7-1 presents recommendations for computer workstation modifications based on age-related system changes.