

ERGONOMIC APPRAISAL OF THE STABILO 's move easy

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In order to make an ergonomic appraisal of the STABILO 's move easy, I was provided with different types of pens of which I made a personal assessment.

From an ergonomic point of view, the following design characteristics of the STABILO 's move easy can be rated as positive:

- » The shape of the STABILO 's move easy is adapted to the anatomy of the human – and especially a child's – hand. This means that a different design is required for righthanded and lefthanded people. For this reason there is a variation of the STABILO 's move easy product, designed especially for the lefthanded. This is highly positive ergonomically and by no means usual for products designed for a large target group.
- » A further positive feature of the STABILO 's move easy is the way it takes account of the measurements of the hand and finger sizes of the target group (8–12-year olds).
- » The shape of the grip area determines the way in which the pen is held and used. For the target group of 8–12 year olds with little writing practice, the way the STABILO 's move easy pen has to be held encourages the development of a suitable gripping habit. For adult users, on the other hand, problems arise if a pen prescribes a specific grip as adults have already developed individual pen holding habits and therefore require pens that allow for several grip variations.
- » From an ergonomic point of view, the strength required to hold the pen should be as low as possible as this is a static form of strength which is unsuited to the human body and can lead to premature tiring of the hand-arm system. The minimal weight of the STABILO 's move easy means that indeed only very little holding strength is required. This holding strength is additionally reduced by the shape of the grip area.

On the basis of the above criteria, I can recommend the STABILO 's move easy from an ergonomic point of view.

What reasons are there for the use of ergonomic products in school?

Because of the amount and duration of stress which schoolchildren are subjected to every day at school, it make sense to talk about "school as a workplace" for schoolchildren (and not just for teachers).

However, the ergonomic aspect of the working conditions for all parties (above all teachers and schoolchildren) involved in the work system school is still very much neglected in comparison to other work environments. The consequences are damaged postures in children and adolescents caused by inadequate school furniture and insufficient movement. In the same way, badly designed work equipment such as pens can overburden the hand-arm system and can lead to troublesome symptoms later in life.

In designing work equipment for schoolchildren, the special physical needs of children have to be taken into account. In addition, the preferences of children for certain shapes and colours should also be taken into consideration to increase the acceptance of ergonomically designed products at school.