



Computer And Technical Services

a division of SCLA

Technically Speaking

The Newsletter of CATS

Fall/Winter 2008/09

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The Ergonomist @Your Library

Kevin Costello of United States Ergonomics was the featured presenter at the CATS Technical Services Forum held on October 30th at Sachem Public Library. Mr. Costello presented a variety of strategies to increase productivity and reduce the risk of injuries in the library workplace environment.

Ergonomics is defined as “The study and design of work methods, products, and equipment in relation to the physiological and psychological capabilities of people.” It derives from the Greek roots “ergo” (work) and “nomos” (law).

Common ergonomics injuries are of two types: acute trauma disorders (ATDs) and cumulative trauma disorders (CTDs). The latter are the ones we tend to hear more about in the library workplace. They include car-

pal tunnel syndrome (which affects the wrist), tendonitis/tenosynovitis, epicondylitis (tennis elbow), and rotator cuff tendinitis. Mr. Costello also mentioned “anecdotal evidence” for syndromes such as “mouser shoulder” and “blackberry thumb.”

He then demonstrated tips for workplace safety in the library: for safe shelving,

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Technically Speaking's Featured Quotation

“Actually, I don’t think the main product of libraries is really even information – it is answers. Answers to the questions and problems our users bring to us”

—Judith A. Seiss

Presidential Meowsings

By Susan Ketcham

The fall turned out to be a lucky time for some of members. I would like to begin by thanking SCLA for their generosity in donating two tickets to the Annual SCLA Fall Dinner. We held a raffle drawing at our October board meeting and our two lucky ticket winners are: Roxanne Kaplan (SCLS) and Theresa Bresnick (Middle Country). During the dinner I announced the winners of our election and the CATS Board Members for 2009 are (drum roll please): Ted Gutmann (President), Bob Johnson (Vice Pres.-Pres. Elect), June Zinsley (Treasurer), Mellissa Hinton (Secretary), Jim Balletta (Member-at-Large) Joyce Bogin (Member-at-Large), Laura Giuliani (Member-at-Large), Dana Mottola (Member-at-Large), Wendy Reeve (Member-at-Large), Lauren Nichols (SCLS Liaison), and Sue Ketcham (Past Pres.)

On December 10th, Stephen Abram will be our guest speaker at our annual meeting. This year it will be held at the Brentwood Public Library. As I am sure you are already aware, a socially driven web is coming fast and its transformational po-

tential is huge. What are the skills and competencies that Library Staff 3.0 will need? Are we focusing on the real end user's needs? What about host institutions and their global environmental changes? Libraries are at the "bleeding edge" of these shifts. What can we do to prepare our users and learners for this new world? Stephen Abram will run us though the changes that are being wrought by Googlers, the Millennials and information 3.0. It'll be a roller-coaster! Come prepared to participate.

"It is amazing how much you can accomplish when it doesn't matter who gets the credit." 2008 has been a year of great programming and accomplishments (e.g., rewriting the constitution) for CATS and it is all due to the hard work and dedication of the board members. Everyone was more than willing to pitch in when and where needed, whether it was their "job" or not and I would like to thank each and everyone who served as 2008 officers and board members.

I would also like to thank all of you for not only being a member of CATS but for your show of support by attending the programs, giving us feedback on the program surveys so we know what topics you are interested in learning about and

for participating in the election. I hope you'll continue to show your support in 2009 ... and don't forget to bring a friend along.

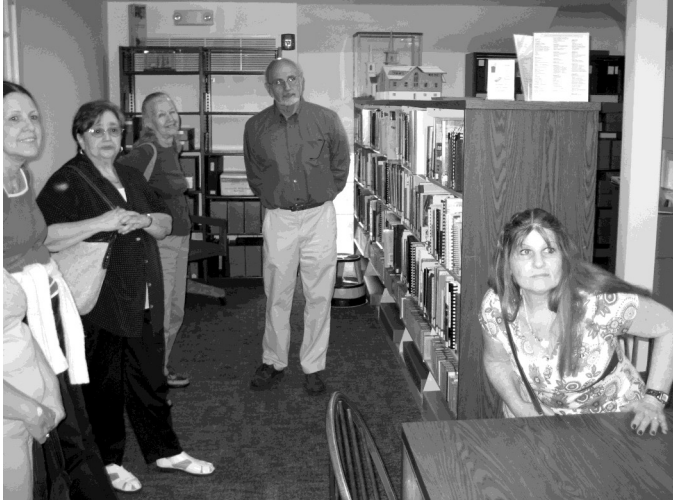
N.B.: Next CATS Cataloging Roundtable takes place Tues., February 24th, 2009 @SCLS.

—*Ergonomics (con't from p.1)*

keyboard use, and correct sitting posture. For example, in using a computer monitor, it's recommended that the top of the monitor be at eye level.

One central concern in ergonomic design is support of the spinal column and spinal disks. Mr. Costello showed slides of the anatomy and physiology of the spinal disks, which consist of cartilage and fiber. There is gelatinous fluid in the nucleus (the center of the disk). Aging causes a natural degeneration of the disk. Posture affects the lumbar vertebrae, the vertebrae of the lower back. Standing up provides the most support to the lower back, sitting less, and bending and slouching even less. That said, Kevin shared one mantra of ergonomics: "the best posture is the next posture," i.e., it's best not to remain in one position for too long.

As we all know, library work requires the continuous transportation of materials and can be extremely physi-



Left, top and bottom:
The CATS annual library tour was held last June 25th. The tour visited three libraries on the Island's North Fork: the Southold Free Library, the Cutchogue-New Suffolk Library, and the Mattituck Laurel Library. All three libraries either have undergone renovations or building projects or have plans to do so. Many thanks to tour guides Melissa Andruski of Southold Library, Allyson (Wendy) Reeve of Cutchogue-New Suffolk Library, and Kay Zegel and Karen Letteriello of the Mattituck-Laurel Library. Shown are photos from the Cutchogue-New Suffolk portion of the tour. ***Below:*** Kevin Costello of United States Ergonomics speaks at Technical Services Annual Forum at Sachem Public Library.



cal. Mr. Costello demonstrated safe shelving and bookcart pushing techniques. He also showed photos of innovative products such as height-adjustable book carts and tote (box) lifters. A fitting ending to the presentation was that ever-present contraption, the height-adjustable chair. Kevin advised, "Get acquainted with your chair, learn what all levers and knobs do."



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Web:
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Cataloging Roundtable

Tech Services Forum

Software training programs

CATS

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Annual Meeting/Program

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“The CATS tag cloud”