

Workstation Ergonomics

Many day-to-day tasks, like computer usage, if positioned incorrectly, could lead to carpal tunnel, neck strain, and lower back pain.

Here are some tips to avoid injury and discomfort.

- Place the top of your screen at or slightly below eye level and at arms length from your eyes.
- Align your head and neck with your torso.
- Relax your shoulders.
- Keep your elbows supported and close to your body.
- Give adequate room for your keyboard and mouse.
- Adjust your chair, so that your forearms and thighs are parallel to the floor, and that your feet rest comfortably on the floor or a footrest.

Sitting in the same position all day can restrict your circulation and cramp our muscles. Make the following part of your daily routine:

- Get up from your desk periodically and walk around.
- Slightly raise or lower the height of your chair on a regular basis.
- Every hour or so, take a few seconds to: shrug your shoulders, shake your arms, stretch your legs and back, rotate your ankles and wrists, and close your eyes.

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