



Computer Ergonomics

Over the past few decades, computer-based technology has become indispensable in most offices. Along with the proliferation of the technology, concern about healthy, safe, and comfortable use of computers has emerged. More and more employees working in a static office environment complain of muscular discomfort/pain, loss of coordination, headaches, dizziness, and nausea.

Implementing ergonomics at computer stations can reduce the risk of injury by adapting the work to fit the person instead of forcing the person to adapt to the work. In addition to injury prevention, ergonomics is also concerned with enhancing work performance, by removing the barriers that exist in many workplaces that prevent employees from performing to the best of their abilities. Therefore, another benefit of applying ergonomics to office work is that it helps people work more effectively, efficiently, and productively at their jobs.

Some Preventative Ergonomic Guidelines:

- Monitor Configuration:
 - The monitor should be arm's length away from you while seated.
 - The toolbar at the top of the screen should fall just below eye level. This allows the user to view the screen without causing neck strain from repetitive moving.
- Keyboard and Mouse Configuration:
 - The keyboard should be set to a height, so your forearms are parallel to the floor and make a 90° to 110° angle with the upper arm. This should allow you to freely type without resting your wrists on ANY hard or soft surface. Most desks require an adjustable keyboard tray to accomplish this.
 - The mouse should be located on the same plane as the keyboard (keyboard trays should have a mouse caddy to accommodate the mouse). Determine which mouse causes the least strain on your wrist (conventional, trackball, etc.).
- Chair Configuration:
 - The seat pan should leave roughly a 2-3 finger space between the end of the seat and the back of your legs.
 - The chair should be at a height that allows you to place your feet flat on the floor with your thighs perpendicular to your lower legs.
 - The lumbar support on the chair should contour and rest against the small of your back.
 - The Backrest should be at a 90° to 110° angle when typing.
- Preventative Exercise:



- Get up and walk around to stretch your legs for a few minutes on an as needed basis.
- Stretch- wrist, arms, and back periodically while at your workstation.

SAFETY REMINDER Avoid fatigue by taking stretch breaks and focusing on points far away, such as out a window.