Ergonomics @ a Glance

Here are some helpful tips to position your body at your desk to help relieve physical stress on your back, neck or shoulders

TRY TO:

- When sitting place your feet on the floor
- Support your back in an arched position
- Avoid repetitive bending, twisting & reaching
- Use arm rests to reduce stress to the upper body & neck

AVOID:

- Slump sitting – lower back should be supported
- Leaning forward/downward to reach work
- Sitting for long periods of time – GET UP
- Sitting on the floor
- Cradling the phone in the crook of your neck

1. Top of monitor at eye level; take a 20 sec break every 20 min. to relax your eyes

2. Have monitor at arm's length

3. Elbows close to body, bent at 90 degrees keeping wrists level

4. Feet flat on the ground or resting on footrest

5. Sit upright and all the way back in your chair